

MATSS-1 changes command

By Penny Randall
Staff Writer

Marine Aviation Training Support Squadron One welcomed its 18th commanding officer during a ceremony on July 2.

Capt. Aaron Schnetzler, who served as the squadron commanding officer since November 2009, relinquished command to Maj. A.J. Brooks.

"Over the last few days I've reflected on my time at MATSS-1 and in Meridian," said Schnetzler who reports to Marine Aviation Logistics Squadron 12 on board Marine Corps Air Station Iwakuni, Japan. "Meridian has grown on me and it's a place I'll never forget. It's been a very rewarding experience."

Col. Joseph P. Richards, commanding officer, Marine Aviation Training Support Group 21 from Pensacola, Fla.,



was the guest speaker.

"There's no better place to be in the Marine Corps on this day than here in Meridian," Richards said. "MATSS-1 is in the business of making Marines and doing a great job. To the young privates and PFC's standing in ranks, this is the time to learn a skill and go forth and do great things."

Richards thanked Schnetzler for his hard work as the squadron's leader.

"I cannot thank you enough for the great job you have done. It is rare to take command as a captain, but it does happen sometimes in the Marine Corps. When the opportunity presented itself you seized it and have shown great leadership and excelled. You will be missed," Richards said.

Schnetzler, assigned to MATSS-1 from July 2007 to the present, served as the squadron's executive officer before

● MATSS-1, page 11



Schnetzler



Brooks



Photo by MC2 Flordeliz Valerio

T-45C "Goshawk" aircraft from NAS Kingsville, Texas, sit on NAS Meridian's flightline, June 29-July 2. Pilots from Training Squadron Twenty-One (VT-21) flew to Meridian as a safety precaution because of Hurricane Alex, a Category 2 storm that hit south Texas June 30. While in Meridian, students were able to continue to flight training.

Kingsville jets find shelter, continue training in Meridian

By MC2 Flordeliz Valerio
Staff Writer

Twenty T-45C Goshawk aircraft assigned to VT-21 Redhawks from Naval Air Station Kingsville, Texas, were moved to Naval Air Station Meridian June 28-July 2 due to Hurricane Alex which came ashore in south Texas.

Cmdr. Bob Carretta, squadron augment unit commanding officer, said leadership made a decision to move the aircraft to other bases after Hurricane Alex's path

● Kingsville jets, page 13

On Base...

✓ 2010 Navy Ball Golf

Tournament: July 9 at 10 a.m. at Ponta Creek Golf Course. 4-person scramble, \$50 per person. Includes: Cart, green fees and lunch -- Lots of great prizes. Rick Justice Honda is sponsoring a hole in one!!



✓ Kid's Bowling Camp:

McCain Rec Center will host a bowling camp for kids age 8-13 from July 12-16, 1:30-3 p.m. daily. Cost is \$25 per child. For more information, call (601) 679-2651.

✓ Vacation Bible

School: Chapel sponsors Vacation Bible School July 26-30, 9-11 a.m. in base housing. Call (601) 679-3635 to register!

✓ Legal Officer on

board to assist: Lt. Cmdr. Jason Ayeroff, a JAG officer from NLSO Gulfport, will be on board NAS Meridian to see clients July 20-22. Call (601) 679-2340 to make an appointment.

✓ Coming Soon:

NAS Meridian College Fair is set for Aug. 5 from 9 a.m.-1 p.m. at the NOSC. For information, call Chief Bobby Lee at (601) 679-3879.

Photo of the Week



Photo by MC2 Flordeliz Valerio

Janina Wallace and her children Joel, Thalia and Elena listen to Wildlife Biologist Chris Bucciantini as he gives tips on what to do when you encounter snakes and other creatures during a Kid's Safety Day program at NAS Meridian's family housing community center, July 1. The safety program was hosted by the Fleet and Family Service Center.

Off Limits Establishments

The following establishments located in the city of Meridian are off limits to military members stationed at NAS Meridian.

The Underground (Bonita Lakes Mall)
Meridian Underground Music Exchange

Club Flame Throwers
 (advertised as "Club End Zone")
Club Fusion (Formerly Club Swaggards and Club Midnight Sun)

THE Skyline

~ Naval Air Station Meridian, Miss.

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—Area Happenings—

JULY

10: Opening of "Sparkle and Twang" Marty Stuart Museum Exhibit at The Riley Center. The exhibit continues through Sept. 30. For more information, call (601) 696-2200.

12-16: Kindermusik Summer Music Camp, "On The Road" for children 3 1/2 to 5 years old. Call Julie Mathews at (601) 678-7082 or e-mail: jcarolmathews@gmail.com. Go to: www.musicwithjulie.com.



14-17: Mississippi Band of Choctaw Indian Fair performers include July 14: Tracy Lawrence, July 15: The Four Tops; July 16: The Lost Trailers and Sara Evans. Tickets are \$15 adults; students: \$10 and ages 5 and under free. For more information, call (601) 650-7450 or go to www.choctawindianfair.com. This is a non-alcoholic, family event.

19-23: Kindermusik Summer Music Camp "Tell Me a Tale" for children 5 to 7 years old. Call Julie Mathews at (601) 678-7082 or e-mail: jcarolmathews@gmail.com. Go to: www.musicwithjulie.com.

23-30: Neshoba County Fair "Mississippi's Giant House Party" at the Neshoba County Fair Grounds in Philadelphia. Featuring: Carnival rides each day from 10 a.m.-1 a.m. except on July 25 when they close at midnight. Agriculture exhibits throughout the fair. Admission: Daily tickets are \$15 each day or \$30 season tickets for all eight days. Children under nine enter free. For information, call (601) 656-8480 or go to: www.neshobacountyfair.org. Entertainment includes: July 27: Luke Bryan; July 28: Gloriana; July 29: Randy Houser; July 30: Phil Vassar. Meridian Day at The Neshoba County Fair is July 28 with program from 9 a.m.-noon at Founders Square.

25: "Sparkle and Twang" Marty Stuart Museum Exhibit "Jimmie Rodgers" Concert featuring Marty Stuart and Merle Haggard at The Riley Center, corner of 5th Street and 22nd Ave. Concert starts at 7:30 p.m. Admission: \$63 and \$69. For information and tickets, call (601) 696-2200 or visit www.msurileycenter.com.

AUGUST

7: Queen City Gypsies present "Shimmy for Our Shores" -- a benefit for National Wildlife Federation to help clean up and save wildlife affected by the oil spill. Benefit belly dance hafla at 6 p.m. at Temple Theatre Ballroom. \$10 per person at the door. For information, call (601) 917-4940 or (601) 917-0806.



Pvt. Enrique Ornelas

MATSS-1 Student

Hometown: Corpus Christi, Texas

Pvt. Enrique Ornelas has been stationed at Marine Aviation Training Support Squadron One on board NAS Meridian for about a week. He is a student in the Marine Aviation Supply Specialist Course.

"I wanted to serve and hold a title that means something," Ornelas said when asked why he became a Marine. "I also wanted to be better than my peers, travel and meet new people."

Ornelas enlisted on Feb. 8, 2010, and would like to be stationed in Hawaii after graduation from MATSS-1. His hobbies are basketball, playing video games and football.

He is the son of Esteban Ornelas and Diana Blankenship.

"I admire my family the most," he said. "They have been very supportive with my decision to join the Marine Corps, and are there when I need them."

OOORAH!**Pvt. Nick Bogue**

MATSS-1 Student

Hometown: Stanton, Mich.

Pvt. Nick Bogue is glad to see his fellow Marine, Pvt. Ornelas.

The two MATSS-1 students enlisted on the same day, went to boot camp in San Diego together, and are now at MATSS-1 in the same class.

"It's kind of funny.... we were even on the same plane together," said 19-year-old Bogue. "I joined the Marine Corps because I wanted a good start to a career, great job training, college courses and to travel. I wanted to be someone who would uphold the core values of the Marine Corps."

After graduation, Bogue would like to be stationed in North Carolina. "I've never been to the East Coast," he said.

The person he most admires is his father. "He is a quality man and a great role model and has been there for me through everything. He is also a strong religious role model."



Reflecting on those not forgotten

By Pfc. Christofer P. Baines
Headquarters Marine Corps

ARLINGTON, Va. -- Military and government officials paid homage to Korean War veterans during a commemoration ceremony in the Pentagon courtyard yesterday.

The ceremony, which recognized the 60th anniversary of the Korean War, is one of many events taking place this week to honor those who fought from Inchon to the Chosin Reservoir.

The sacrifices made by the men of the armed forces of the United States and the Republic of Korea have led to a strong alliance, forged by the blood of brave men from both nations, said South Korean Ambassador Han Duck-soo.

Representative Charles Rangel, D-N.Y., also reflected on the service of those who fought during the Korean War.

Sacrifices were made by all men who fought, regardless of race or ethnicity, Rangel said. "In Korea, color didn't matter; the only colors that mattered were red, white and blue."



Photo by Lance Cpl. Benjamin Harris

The 19 statues in the Korean War Veterans Memorial stand in a formation representing a patrol. The original design for the memorial involved 38 service members, representing the 38th parallel - the border between North and South Korea before the war started. However, due to space restraints, the designers opted to use 19 service members in the memorial and count their reflections on the wall to reach the number 38. The Korean War started 60 years ago on June 25, 1950, when North Korean forces crossed the border into South Korea.

The Korean War started on June 25, 1950, when North Korean forces crossed the 38th Parallel and invaded South Korea. Three days later, North

Korea captured South Korea's capital city, Seoul. Around 36,000 American service members were killed during the conflict.

● **Korean War, page 16**

Corps releases Marine Operations Concept 2010

By Lt. Col. Roger Galbraith
Marine Corps Base Quantico

MARINE CORPS BASE QUANTICO, Va. -- The Marine Corps released the Marine Operations Concept 2010 on June 29, a guiding document written by the staff of the Marine Corps Combat Development Command under guidance from the commandant of the Marine Corps that explains how the Marine Corps must provide the nation with two key capabilities: assuring littoral access and winning "small wars."

To successfully provide those capabilities to the nation, the Marine Corps must continue to develop small unit leaders to act independently, as Marine Corps units are pushed to operate in a more dispersed fashion as adversaries gain more precise weapons through the proliferation of technology. The Corps will play a key role in conducting engagement activities to carry out the National Security Strategy, and will use the same relationships and cultural skills to effectively counter irregular threats around the world. When required, the Corps, with the U.S. Navy, will project power across the seas to go ashore in amphibious assault or movement through port facilities.

To further explain the MOC, subject matter experts are available for meetings or interviews. In addition, Lt. Gen. George J. Flynn, the deputy commandant for combat development and integration, and commanding general of MCCDC, will host a media roundtable if there is enough interest.

To download the MOC, go to www.quantico.usmc.mil and click on the Marine Operating Concept button on the right hand side.

In the Spotlight

Birth Announcement...

Isaiah Irie Ikler, son of Stacey Jemison (FFSC Meridian) and Ryan Ikler, was born June 4, 2010. He weighed 8 pounds, 5 ounces, and was 20 1/2 inches.



Happy Anniversary...

Donald Naylor and his wife celebrate their 23rd wedding anniversary on July 14, 2010. Congratulations!

To include an item in this column, e-mail penny.randall@navy.mil or call (601) 679-2318. Photos may be included.

Pensacola Air Show July 10

PENSACOLA, Fla. -- The Blue Angels will perform at the Pensacola Beach Air Show July 10. Show starts at noon.

The Navy's flight demonstration team along with civilian and other military aircraft will perform aerial acrobatics over the Gulf of Mexico. Aircraft and teams participating in the Pensacola Beach Air Show include: Grumman Widgeon G-44 flown by Julian MacQueen, Prometheus flown by Skip Stewart, Team RV, Red Star and the Dragon-Dragon Aviation, Fat Albert and a C-130 Hercules.

NAVY-MARINE CORPS RELIEF SOCIETY
Coming Soon....

BABY BOOT CAMP

Navy-Marine Corps Relief Society
Building 216, Suite 101
Naval Air Station
Meridian, MS 39310-5003
Phone: 601-679-2304
Fax: 601-479-2448
Email: nmcrmeridian@yahoo.com

- LIGHT REFRESHMENTS
- LOCAL LACTATION CONSULTANT SPEAKER
- LOCAL PEDIATRIC NURSE SPEAKER
- BABY GEAR & WEBSITE INFORMATION
- BABY FINANCIAL INFORMATION
- ISSUED BABY FIRST SEA BAG (LAYETTE)
- DOOR PRIZES FROM LOCAL BUSINESSES

Baby Boot Camp Workshop Date:
Saturday, August 14, 2010
10:00—12:00 P.M.
at your
Navy-Marine Corps Relief Society Office

Reserve your spot by calling (601) 679-2304
or email us at nmcrmeridian@yahoo.com

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NAVY-MARINE CORPS RELIEF SOCIETY

Treasury Department changes to affect DFAS U.S. Savings Bond allotment procedures

The Defense Finance and Accounting Service will stop all current U.S. Savings Bond allotments processed for military personnel, military retirees and federal civilian employees effective July 31, 2010.

This comes following the U.S. Treasury's decision to convert to electronic transactions via TreasuryDirect.gov.

DFAS customers wishing to start or to continue purchasing bonds through payroll deduction will be required to establish an online account with TreasuryDirect (<http://www.treasurydirect.gov/tdhome.htm>). Once they have an account in TreasuryDirect, they can establish a new allotment using the TreasuryDirect account number through their normal pay system.

For individuals without computer access or who desire paper U.S. Savings Bonds, paper bonds will continue to be available and may be purchased at participating financial institutions. Check with your financial institution to see if they offer paper Savings Bonds.

The following are links of interest:

TreasuryDirect FAQs:

(http://www.treasurydirect.gov/news/news_elimination_paperpayrollqa.htm)

TreasuryDirect Video: (http://www.treasurydirect.gov/indiv/tools/tools_video.htm)

According to a press release from the Treasury Department, the move to require electronic purchases of bonds is part of a larger initiative to increase customer service, security and reliability and, at the same time, reduce the costs associated with printing paper documents. The department estimates the overall push to electronic transactions will save approximately \$400 million and 12 million pounds of paper in the first five years.

Information on purchasing Treasury securities is available at the DFAS Web site <http://www.dfas.mil/news/ussavingsbondallotment.s.html>.

-- From Defense Finance and Accounting Service

Marine museum launches interactive Web site

By Lance Cpl. Jacob D. Osborne
Headquarters Marine Corps

QUANTICO, Va. — Corps history and tradition are now only a mouse click away.

The National Museum of the Marine Corps launched an interactive website June 23, allowing historians and high schools around the world to tour the installation in any clime and any place that has an internet connection.

"The National Museum of the Marine Corps has one simple mission, to preserve and showcase the material history of the Corps," said Gen. James T. Conway, 34th commandant to the Marine Corps.

Marine Corps veteran Steven Wallace, from Beverly Hills, Calif., came up with the idea for the online experience because he wasn't able to visit the museum in person.

To view the virtual museum, visit
www.virtualusmcmuseum.com.

"You will be able to get up close and personal with the artifacts in ways you can't at the museum itself," said NMMC Director Lin Ezell. "During the virtual tour there are high definition pictures that you can view and look at up close to see every detail. There are also 3-D models of tanks, planes and other vehicles that you can view in a detailed 360-degree view."

More than 7,000 people have viewed the site, which was created by the Virginia-based Dynology Corporation, since it launched earlier this week.

"One interesting theme in the feedback we received to date is that people say viewing the website makes them want to visit the museum even more

now," said John Doyle, virtual museum project manager.

While the general public can visit the museum in person from 9 a.m.-5 p.m., the virtual installation is accessible 24 hours a day, 365 days a year. Additionally, online visitors don't have to wait in line to visit their favorite exhibits or worry about overcrowded parking lots.

"I love it," Doyle said. "My favorite elements, other than the obvious panorama photography, are the artifact 3-D models, the exhibit walking tour narratives and the docent video stories. Filming their stories for the website really makes visitors feel like they're getting the same experience that they could get by being there."

Starbase-Atlantis hosts Summer Workshops

July 19-21 (8 a.m.-noon) For Students...

This fun workshop is for students in the middle school grades at the Starbase at NAS Meridian. Many exciting experiments are planned for this workshop. Call (601) 679-2448 to register.

July 26-27 (8 a.m.-noon) For Students...

At NAS Meridian Starbase this weather workshop is for students in grades 2 and 3. Activities dealing with the four types of weather will be enjoyed by the students in this workshop. Call (601) 679-2448 to register.

Safety is our Duty

Preparation key to weathering hurricanes

By April Phillips

Naval Safety Center Public Affairs

NORFOLK, Va. (NNS) -- The annual hurricane season began June 1, and some experts predict this could be a busy year for storms. However, the Naval Safety Center has storm preparation tips that could lessen the damage to life and property if a hurricane does come ashore.

With the first storm of the season, Tropical Storm Alex, churning in the Gulf of Mexico and nearing hurricane strength, concerns are starting to rise. Current predictions from the National Oceanic and Atmospheric Administration (NOAA) show the storm moving away from the oil spill off the coast of Louisiana and toward south Texas, where it may make landfall as a Category 1 storm the evening of June 29 or the morning of June 30.

Derek Nelson, a Norfolk, Va. resident, who heads the Naval Safety Center's Media Division, recently helped put together a pocket-sized hurricane preparedness guide.

Nelson said preparation is important even when evacuation isn't necessary.

"Don't wait until the wind is blowing and the rain is pouring to get water and non-perishable food," Nelson said. "Track the storm as it approaches and prepare before landfall is imminent."

The Naval Safety Center advises inspecting yards and property well in advance of the storm. Remove any diseased or damaged tree branches and secure any objects that could become airborne from high winds.

However, winds aren't the only

danger during a hurricane. Flooding is also a major concern.

"Here in Norfolk, the city publishes a map that shows the flood zone," Nelson said.

He recommended that residents of any city find out if they're in a flood-prone location. If so, move valuables to the highest level of the house.

Loss of electricity is a nuisance during a storm, but it can also be dangerous if there's no way to monitor the hurricane.

"Think about what will happen when you don't have electricity for a few days. Don't fill your freezer with food that will spoil. Also, keep a battery-operated radio handy with plenty of spare batteries," Nelson said.

While he has evacuated the city several times in advance of storms, Nelson recognizes that

most people won't have to take that drastic step. However, it's important to have a plan, just in case. Find an inland evacuation location well in advance, and make sure everyone in the family knows what to do and when to act.

"It's a lot easier to take a little time and energy to be prepared than to try to figure out what to do once it's too late," he said. "The regret you'll have will far outweigh the effort it takes to get you and your family ready for the storm."

For information about ordering a hurricane preparation pocket guide, e-mail Derek Nelson at derek.nelson@navy.mil. For more information about general hurricane safety, visit <http://www.public.navy.mil/navsafenet/Documents/media/safetips/f-mne.doc>.



Officials caution Sailors about heat levels as temperatures rise

By MC1 Ardelle Purcell

National Naval Medical Center Public Affairs

BETHESDA, Md. (NNS) -- National Naval Medical Center's (NNMC) Preventive Medicine department is advising Bethesda staff, contractors and patients to keep it cool as weather forecasters predict an extremely hot summer season.

"The heat index is what it actually feels like outside," said Hospital Corpsman 2nd Class Beau Tice, a Preventive Medicine technician. "It's basically a number compiled from the temperature outside with the humidity in the air. The hotter it is outside, the more likely you are to succumb to a heat injury such as heat cramps, heat stress, heat stroke or heat exhaustion."

The human body normally cools itself by sweating, which evaporates and releases heat from the body. However, when the

humidity is high, the evaporation rate is slow, and heat doesn't leave the body as quickly as it normally would. This can cause heat-related injuries.

"Increased humidity reduces your ability to cool on your own," said Hospital Corpsman 1st Class Lawrence Coomer, leading petty officer of the preventive medicine department. "If you're already kind of wet from the environment, you're not going to sweat as much so your body is not going to cool naturally. The more humid it is, the worse off you are."

To help avoid heat-related injuries, the Preventive Medicine department uses the wet bulb globe temperature (WBGT) to calculate the heat index or what it actually feels like outside. Once that temperature is determined, the heat condition flag warning system (color-coded flags) is used as a guide for physical

training and for those working outside on board the Bethesda campus.

"Black flag, you really shouldn't be [exercising] outside," said Tice. "Red flag [means] you should be well hydrated because it's hot. Green and yellow flags are saying it's starting to get hotter out, you need to be aware of this."

For avid runners, sports extremists, construction workers or those with medical conditions requiring medication, Tice recommends becoming familiar with the flag system.

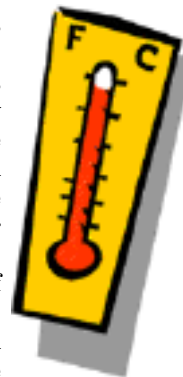
"If you are [exercising] outside in the summertime, you should be well hydrated. The muscle is like a sponge, if it's dry it will break. If you try and bend a sponge when it's dry, it'll break. But if you keep it hydrated and wet, it will be flexible and pliable. For those

that work outside, you have to know the work-rest cycle."

According to the Centers for Disease Control and Prevention, the warning signs for heat exhaustion include: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting and fainting. The skin may be cool and moist. The pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion goes untreated, it may progress to heat stroke.

"When you get to the heat stroke stage, your skin is dry and clammy because your body no longer has the ability to cool you," said Tice. "It's now keeping the water inside to make use of what little it has left."

The Preventive Medicine department recommends drinking plenty of cool non-alcoholic beverages, getting proper rest, keeping cool in an air-conditioned environment, wearing lightweight clothing and sunscreen to avoid heat-related injuries.



Navy recognizes IA/GSA on fitness reports and evals

MILLINGTON, Tenn. (NNS) -- To ensure the Navy's individual augmentees' (IA) service is properly recognized, the Navy has modified its Performance Evaluations and Advancement Eligibility.

Beginning Aug. 1, regular reporting seniors must maintain regular performance evaluation continuity and use a new billet code subcategory (Block 21) code "INDIV AUG" to break out those Sailors who serve in an IA assignment, according to NAVADMIN 215/10.

"It's important for us to recognize the performance and contributions of our Sailors who are serving IAs," said Jim Price, NPC Performance Evaluation Division director. "This revised policy sets a Navy-wide standard to ensure all our Sailors receive the same opportunities to excel."

The NAVADMIN explains a Sailor is considered IA when: in receipt of individual deployment orders from Navy Personnel Command (NPC) to include IA Manpower Management Assignments, Global War on

Terrorism Support Assignments (GSA), Mobilized Reserve Personnel not mobilized as part of an established commissioned Reserve component unit, health services augmentation program support personnel, and Overseas Contingency Operation Support Assignment.

If a Sailor's reporting period occurs while on an IA, reporting seniors use the new billet code as long as the Sailor was at the parent command 240 days or less, or if the performance period is less than 240 days. Additionally, if the Sailor finished an IA before the reporting period ends, reporting seniors still use the new billet subcategory if the Sailor has been at the parent command 180 days or less. Those Sailors who exceed the 240- or 180-day periods will be evaluated with their peers.

The message also contains specific guidance for revised advancement eligibility and performance mark average (PMA) computations. For Sailors serving on

an IA with reports after Aug. 1 the following guidance is provided:

- Concurrent performance evaluation completed while on an IA assignment will count toward PMA calculations and for time in rate waivers if a "Promotable" or higher promotion recommendation is assigned.

- Compute PMA using all evaluations in the respective paygrade, including frocked, for the computation period announced.

- Commanding officers and officers in charge may waive up to one year of the required time in rate for Sailors in grades E-5 and E-6.

For more details regarding the changes, read the NAVADMIN at www.npc.navy.mil or review the frequently asked questions www.npc.navy.mil/careerinfo/performanceevaluation/faq.htm.

Online program helps military families vote absentee

By Lisa Daniel
American Forces Press Service

WASHINGTON (NNS) -- The Defense Department launched an Internet-based program June 28 to help service members and other Americans living overseas vote more easily in November's elections.

The new, online voting assistant at www.fvap.gov will make the registration and absentee ballot application process "quick, easy, seamless and intuitive," Bob Carey, federal voting assistance program director, said today during an interview with The Pentagon Channel and American Forces Press Service.

Americans living abroad previously had to research a 290-page manual to figure out their state requirements for absentee voting, including where and how to send in their applications, Carey said.

"One of the things we found from the 2008 elections was that voters found the process very complex, very laborious and not very intuitive," he said. "With this, a voter doesn't have to have a master's in election law to figure out the process."

The site asks prospective voters to identify themselves either as a military member or family member, or other citizen living outside the United States, then answer fewer than 10 questions,

including voting residence and how a ballot should be sent to them, Carey said. The process takes between two and 10 minutes, he said.

The program automatically determines the voter's election jurisdiction, and the proper questions to ask to meet specific state and local registration and absentee ballot requirements. Once the questions are answered, the voter prints off a form in PDF format, signs it, and submits it by mail, fax or e-mail, depending on state requirements, Carey said.

The online assistant does not store the information after the form is complete, and the information is purged from the server, he said.

The program is expected to increase the number of ballots counted for servicemembers, who are known to vote at a higher rate than the general public, Carey said. In 2008, it is believed that roughly 5,000 servicemembers' ballots couldn't be counted because forms were inadequate, incomplete or mailed to the wrong jurisdiction, he said. An even bigger problem was that ballots didn't make it to voting officials in time to be counted, he said.

"If it's August, they're starting to push it," Carey said. "If it's September, they're going to have problems."

Program helps military families adopt

By Elaine Wilson

American Forces Press Service, U.S. Department of Defense

I met an amazing military family the other day that opened their hearts and home to three children.

Air Force Master Sgt. Kipp M. Bourgeois and his wife, Christina, adopted their children, thanks in part to financial assistance from the Defense Department's adoption reimbursement program.

The couple had been trying to conceive for more than a decade, but Christina's battle with endometriosis served as a barrier to their attempts.

They moved to Nellis Air Force Base, Nev., in 2000, and saw a fertility specialist who told the couple their only hope was in vitro fertilization. But at \$15,000 a try and only a 30-percent success rate, as the doctor told them, the family just couldn't swing the cost.

They decided to look into adoption, specifically a special-needs adoption through the state. "Dealing with special needs wasn't an issue for us," Bourgeois told me.

They set their sights on two siblings, Emalie and Kameron, who were 4- and 3-years-old at the time. The state considered the children as having special needs due to attention deficit hyperactivity disorder and allergies. But the couple didn't think twice about their special needs or the fact that they would be accepting two children into their home rather than one.

"My wife fell in love with both of them, just based on their picture," Bourgeois recalled. "They just looked like they fit in our family."

Since the adoption was done through the state of Nevada, the family's costs were minimal. Still, they had to pay about \$2,000 out of pocket for fingerprinting, training classes and a lawyer to finalize the adoption. The couple turned to the Defense Department's adoption

reimbursement program for financial help, joining thousands of other military couples who have received compensation to defray adoption costs through the program since 1991. In 2009, the program distributed nearly 650 payments throughout the services, totaling more than \$1 million.

The program reimburses servicemembers for certain adoption expenses such as agency and placement fees, legal fees and medical expenses. Servicemembers who serve continuously on active duty for at least 180 days can receive up to a maximum of \$2,000 per child, but can't exceed \$5,000 per calendar year.

For the Bourgeois family, the money covered their out-of-pocket expenses almost entirely after their first adoption was finalized in 2003. They again turned to the program for help on their next adoption, three years later.

Bourgeois was working with the birth mother and father at the time. When the birth mother found out she was pregnant, she was distraught, knowing her family wouldn't approve since she wasn't married, he said. Knowing they had adopted before, she called and asked the couple if they would take the baby.

Since this adoption was private, it was more costly, adding up to roughly \$13,000, Bourgeois said. But between the department's reimbursement program and IRS tax credits, their out-of-pocket expenses were minimal.

Emalie and Kameron are now 14 and 12, and their youngest, SkylarRae, is 3.

While Bourgeois said he remains grateful for the resources that aided his family: "The love that [my children] return makes the money not even a thought in the end."

I'm grateful there are people out there like the Bourgeois family. Thanks to them, deserving children in need are able to grow up in healthy and happy homes.

● **Adoption, page 7**

NAS Meridian Chapel

211 Fuller Road

Protestant
Sunday Services
9 a.m.
Choir Practice
at 8 a.m.

Catholic Mass
Sunday 5 p.m.
Choir Practice
at 4 p.m.

Wednesday
Prayer Lunch
11:15 a.m.

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Services counter at
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Meridian Youth soccer Organization Registration July 1-31 for ages 4 to 18.

(Must be AGE 4 by July 31 to be eligible).

Online registration At
www.meridiansoccer.com

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Call Amy Harwell, 601-693-1551
Susan Reede, 601-693-1551

Email pics to:
sreede@themeridianstar.com
in .jpg format

DEADLINE 24TH OF EACH MONTH

Types of photos: parties, proms, pets,
family get-togethers, reunions, vacations, etc.

*Birthday & memorial pics excluded.

Motorcycle Ride



Submitted photo

Ten motorcyclist participated in the June Bike Ride to Sturgis. The ride was sponsored by the NAS Meridian Chapel. "The ride was awesome," said Lt. Cmdr. Alan Ford, NAS Meridian command chaplain. The next ride will be July 17. For more information, call (601) 679-3635.

Chapel Sponsors Vacation Bible School July 26-30, 9-11 a.m.

Base Housing

Call

(601) 679-3635

to register!



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Licenses in MN.
www.MainstreetLawFirm.com

● Adoption

If you're interested in adopting, don't hesitate to look into the adoption reimbursement program. The department also offers servicemembers who adopt up to 21 days of nonchargeable leave to be used in connection with the adoption. For more information, contact your local family support center or personnel office, or call Military OneSource at 1-800-342-9647.

BAYOU LA BATRE, Ala. -- Secretary of the Navy (SECNAV) the Honorable Ray Mabus tours waters off the coast of Alabama to observe oil skimming operations. Mabus is on a five-day visit to the Gulf Coast to assess the area to develop a long-term restoration plan for the region. He will meet with state and local officials in Louisiana, Mississippi, Alabama and Florida.

Photo by
MC2 Kevin S. O'Brien



Navy is readers' choice as top diversity company

By Lt. Laura K. Stegherr
Diversity Directorate Public Affairs

WASHINGTON (NNS) -- The Navy was recognized as a Top Diversity Company by readers of Diversity/Careers in Engineering and Information Technology magazine for the fourth consecutive year June 30.

The Navy is one of a group of 96 honorees selected from a field of more than 600 corporations, government agencies and other organizations that employ technical professionals.

Winners were chosen by magazine readers and website visitors, who were asked to identify the companies that they believe are doing the best work in diversity. The survey also was meant to determine which companies delivered their diversity message in a way that resonated with readers.

"The organizations on this list should be proud that their efforts are apparent to our readers, who can recognize a genuine commitment to workforce and supplier diversity," said Roberta Renard, the magazine's publisher.

The readers' and web visitors' choices were based on their perceptions, formed by their own experiences, their conversations with others, or what they had read.

"The survey is a departure from most

current 'Best company' lists because it relies on readers for input," said Renard. "Most 'Best of' lists work only with information that companies themselves provide, but our survey will measure how well the companies are getting their message across. That's a big difference."

Also on the list were the Office of Naval Research (ONR) and the Naval Research Laboratory (NRL). Both are also past recipients of the recognition; NRL has been chosen as a top company since 2007, and ONR since 2008.

Other notable recipients include Bank of America, Sony, Microsoft, and Disney Theme Parks.

This recognition comes on the heels of several other corporate diversity and work-life balance awards. This year, the Navy was chosen by DiversityInc. magazine as a 2010 Top Federal Agencies for Diversity and was also presented with the Alliance for Work-Life Progress' Work-Life Innovative Excellence Award.

Diversity Careers in Engineering & Information Technology magazine covers issues of interest to engineers, scientists, information technology professionals and business owners who are members of the diverse technical community.

The list of awardees can be found at <http://www.diversitycareers.com> and in the June/July issue of the magazine.

USS George Washington returns for 18th birthday celebration

By MC3 Devon Dow
USS George Washington Public Affairs

YOKOSUKA, Japan (NNS) -- USS George Washington (CVN 73) returned to her forward-deployed base of Fleet Activities Yokosuka, Japan, July 3, after a three-week underway period on time to celebrate the 18th anniversary of her commissioning on Independence Day.

During underway period George Washington conducted Undersea Warfare Exercise (USWEX) 10 with the Japan Maritime Self-Defense Force (JMSDF).

The Navy's only permanently forward-deployed aircraft carrier will also commemorate a special day in its service to the U.S. Navy. Commissioned July 4, 1992 in Newport News, Va., GW's return to Yokosuka will allow the Nimitz-class aircraft carrier to celebrate its 18th birthday in port. The United States, the country which the ship's namesake helped found, turns 234 that same day.

"I am extremely proud and honored to be able to bring this great warship into the port of Yokosuka to celebrate one of the most significant days in our country's history and the day this great aircraft carrier was commissioned into our Navy," said Capt. David Lausman, GW's commanding officer. "I am very happy that the course of our summer patrol coincided with this very important day."

While conducting routine operations, the ship frocked 149 new petty officers. The ship also conducted a joint USWEX with the JMSDF and executed weeks of intense

air wing and shipboard readiness that included more than 1,300 sorties, or flight missions, the onload of nearly 7 million gallons of jet fuel and serving more than 360,000 meals to the 5,500 Sailors of the GW and Carrier Air Wing (CVW) 5 team who tallied more than 1.2 million man-hours of work.

"We polished our skills underway and as always, we are honored to be the flagship of the forward-deployed naval force," Lausman said. "Being forward deployed, we are able to have constant interaction with many maritime partner countries throughout the Pacific Rim. With that interaction, we are able to promote stability through understanding and cooperation."

This interaction included USWEX 10, a joint submarine detection and engagement exercise with the JMSDF, further enhancing the 50-year alliance between the US and Japan.

"This year, we continued to strengthen our interoperability between the U.S. Navy and the JMSDF and trained against tactics, techniques and procedures to develop new concepts in [undersea warfare]," said Lt. Justin Santos, a surface operations officer with Destroyer Squadron (DESRON) 15. "Throughout the exercise, I believe everyone involved had executed in a professional manner and to the best of their expertise."

The four-day exercise allowed the two allied navies to locate, track and complete simulated engagements with

friendly submarines in the vicinity.

Though the exercise highlighted the 15,412 nautical mile journey, it's the return to Yokosuka that will drive most of the crew's joy, Lausman added.

"As always, it is a pleasure to be reunited with family and loved ones whenever service to our country permits," he said. "It is through their support that allows us to do our job deployed away from home protecting the freedoms we value."

"I'm excited that we're returning and have the opportunity to celebrate the U.S. and the GW's birthday in port," said Culinary Specialist Seaman Chao Ye, from the ship's supply department. "I'm going to call my mom as soon as we pull back into port and for the holiday. I'm looking forward to hanging out with my friends and relaxing."

GW is the fourth naval vessel to bear the name of our nation's first President. The ship's motto, the "Spirit of Freedom," was inspired by a letter George Washington wrote in 1774 describing the mood of the people before the start of the Revolutionary War.

In May 2008, the GW transitioned from Norfolk, Va. to the forward-deployed naval forces in Yokosuka, Japan and became the Navy's first permanently forward-deployed nuclear-powered aircraft carrier replacing USS Kitty Hawk (CV 63) as the only forward-deployed aircraft carrier in the world.

Retirements, promotions, reenlistments, etc.

On June 29, Naval Technical Training Center Meridian's Commanding Officer, Cmdr. Shane Harris presented Naval Military Training Instructor aiguilletes to LS1 Joel Wallace and SH2 Gregnita Franks upon completion of the extensive personal qualification standards program demonstrating their attention to detail and dedication to the Navy's high education standards.

Photo by Tom Childress



Public Works Department employees hosted a retirement party for Larry Whitehead who served as the HVAC work leader. He is congratulated by Lt. Cmdr. Lance Coe. Whitehead retired after 20 years of government service.

Submitted Photo



AC2 Elliott Young reenlists for four years on June 25. Young was reenlisted by Lt. Dennis Smith and earned a selective reenlistment bonus for \$12,564.

Photo by EN1 Ray Paul

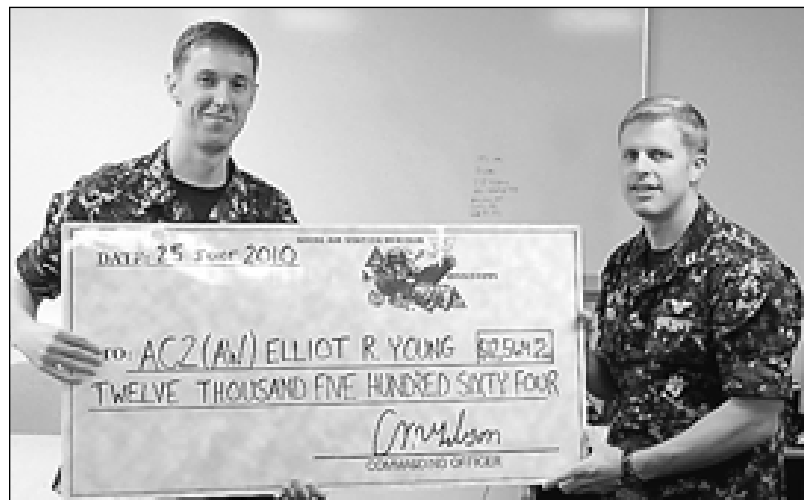


Photo by Penny Randall

Chief Warrant Officer 3 Joseph Chrivia looks on as Christine Harmon pins corporal bars on her husband, Cpl. Aaron Harmon, during his promotion ceremony, July 1. Cpl. Harmon works in Marine Aviation Training Support Squadron One Administration.



Photo by EN1 Ray Paul

AC1 Courtney Pittman recites the Oath of Enlistment from Lt. Dennis Smith on July 25. Pittman reenlisted for four years and is transferring to NAS Pensacola, Fla., where he will be an instructor.



Lt. Dennis Smith presents AC2 Debbie Winters a reenlistment certificate for two years on July 1. Winters is transferring to Naval Support Facility, Diego Garcia.

Photo by
EN1 Ray Paul



The Petty Officers Association meets on the 2nd and 4th Thursday of each month at 2 p.m. in the conference room at Air Operations.

NAS works with local law enforcement during drill



Photos by MC2 Flordeliz Valerio

At Left: The Lauderdale County Sherriff's Department SWAT Team prepares to enter the fire station at the NAS Meridian flightline during the Active Shooter/Hostage Drill on June 24. NAS Meridian security worked in conjunction with local law enforcement to simulate a real life scenario. The drill was the second of NAS Meridian's four required drills a year. On hand to evaluate the event were representatives from the Southeast Region Training Team.

Above: NAS Meridian security officers carry a dummy that simulates a victim out of the fire station.

NJROTC Graduation Day

Bravo Platoon cadets with their drill instructor retired Chief Keith Page, a Neshoba Central High School Naval Science instructor, assemble outside the NAS Meridian chapel after their graduation ceremony on June 25. One hundred twenty-three cadets graduated from Area 8 NJROTC Basic Leadership Academy from June 19-25.

Photo by MC2 Flordeliz Valerio



● MATSS-1

forces in four military occupation specialties: Aviation Supply, Aviation Operations, Aviation Maintenance Administration and IMRL Asset Management. Schnetzler ensured the highest technical acumen and best leadership qualities were instilled to those under his charge, and during his tour, more than 2,000 students graduated.

While assigned here, MATSS-1 Marines regularly participate in volunteer activities such as Toys for Tots, Special Olympics, Gaits to Greatness, and various other service projects in the local community.

Brooks, who began his career in the Marine Corps Reserve in 1996, was selected for Officer Candidate School in 1999. He was commissioned and after graduating from the Basic School in 2001, he reported to Aviation Supply Officer's course at the Navy Supply Corps School.

"I'm really excited to be here," Brooks said. "My mom is from Alabama and now I'm closer to home. Capt Schnetzler has done a wonderful job during our turnover making sure I'm well informed about MATSS-1."

Brooks' assignments include Marine Aviation Logistics Squadron 14, Marine Aircraft Group 14, where he began preparing for his first deployment as the officer in charge for a 50-Marine MALS

detachment deploying in support of VMAQ-1 as part of Operation Southern Watch.

In the summer of 2004, he was selected as an individual augment to serve as operations officer in the Interrogation Control Element, Joint Intel Group, Joint Task Force, Guantanamo Bay, Cuba.

In 2007, Brooks reported to the Security Cooperation Education Training Center in Quantico, Va., to prepare for his year-long assignment as an advisor to the Royal Saudi Marines and Royal Saudi Naval Special Forces in the Eastern Province of the Kingdom of Saudi Arabia. At the conclusion of this tour, he reported to Second Marine Aircraft Wing to serve with the Aviation Logistics Department.

In summer 2009, Brooks was sent to Operation Iraqi Freedom to serve with Second Marine Aircraft Wing (Forward) as the ALD Aviation Supply Officer (FWD). In November 2009, he was sent directly to Helmand Province to serve with the Marine Expeditionary Brigade-Afghanistan as the Marine Aircraft Group 40 Aviation Supply Officer, Operation Enduring Freedom.

"The Marine Corps has been good to me over the last 14 years and given me a lot," Brooks said. "I'm very humbled today as I look out at these young Marines on this grinder."



Photo by MC2 Flordeliz Valerio

Capt. Aaron Schnetzler, left, accepts a command coin from Col. Joseph P. Richards, commanding officer, Marine Aviation Training Support Group 21, from Pensacola, Fla., following the change of command ceremony for Marine Aviation Training Support Squadron One, July 2. Capt. Schnetzler relinquished command to Maj. A.J. Brooks.



Fourth of July Celebration

PEARL HARBOR -- Fireworks at the Joint Base Pearl Harbor-Hickam (JBPHH) explode over two Aegis-class cruisers, USS Chosin (CG 65) and USS Lake Erie (CG 70). Thousands watched as service members and their families enjoyed Fourth of July celebrations honoring America's 234th birthday.

Photo by MC2 Mark Logico

Military using latest HHG web technology to their advantage

By Henry Bailey

Fleet and Industrial Supply Center
Jacksonville Household Goods Director

JACKSONVILLE, Fla., -- This article explains the benefits of using the latest web based technology to set up your Household Goods (HHG) move and provides information on how to get immediate help when you have questions or issues about your move.

DPS: The Defense Personal Property System (DPS) is a web based, one-stop source for setting up and managing your personal property move. It provides the convenience of 24/7 access to your shipment information and is a conduit for a direct relationship between Department of Defense (DoD) service members (customers) and the Transportation Service Providers (TSP) throughout the entire move. DPS replaces the former web based programs such as "SMARTWEB-MOVE" and the "Do-It-Yourself" (DITY) programs.

Here are the major Quality of Life benefits for customers who use the DPS:

Full Replacement Value (FRV) Protection: With full replacement value, a customer would receive enough funds to replace or repair a lost or damaged item at its present value.

Customer Survey for Quality Service: This feature provides the Customers the opportunity to complete a Customer Satisfaction Survey (CSS) to rate the performance of their mover. The survey also measures services provided by origin and destination Personal Property Shipping Offices (PPSO). This survey is used as a key factor in determining whether a TSP will be used by the DoD to move personal property.

Online Shipment Tracking: DPS provides an online resource for information and guidelines about the Customers personal property move in and out of specific countries and installations, including shipping office information, weight allowances, and customs information.

Empowered Communication with TSP: DPS is available to the Customer 24 hours a day, seven days a week, and 365 days a year

from any location to provide the capability for the Customer to access his particular shipment for progress and delivery status.

Streamlined Claims Process: DPS allows the Customers direct on-line claims filing, negotiation, and settlement capabilities.

Expanded Counseling Support Through Web-based information system: Self-Service Counseling Self-Counseling guides the Customer through the personal property data entry process, verifying the data as the customer enters it. Self-Counseling determines the customers entitlements based upon the type of orders

issued for the relocation (i.e. Rank, Branch of Service, Type of Orders, and special circumstances, if applicable). Self Counseling support also provides access to a collection of on line resources discussing entitlements and others topics that apply to the move.

DPS will be the focal point for all DoD customers (members), PPSO, the Military Services and others who participate in the moving process.

TSPs will also receive important notifications from you, the customer, throughout the process; such as updating your delivery

address and contact information or requesting delivery or temporary Storage-In-Transit (SIT).

To access DPS to learn more, and to establish your account, visit the Web site at: <http://www.move.mil>

You may create your DPS account at any time. The "best" time is immediately upon receipt of orders authorizing you to move. The "ideal" time to request your move in DPS is at least four weeks prior to your desired pack out date.

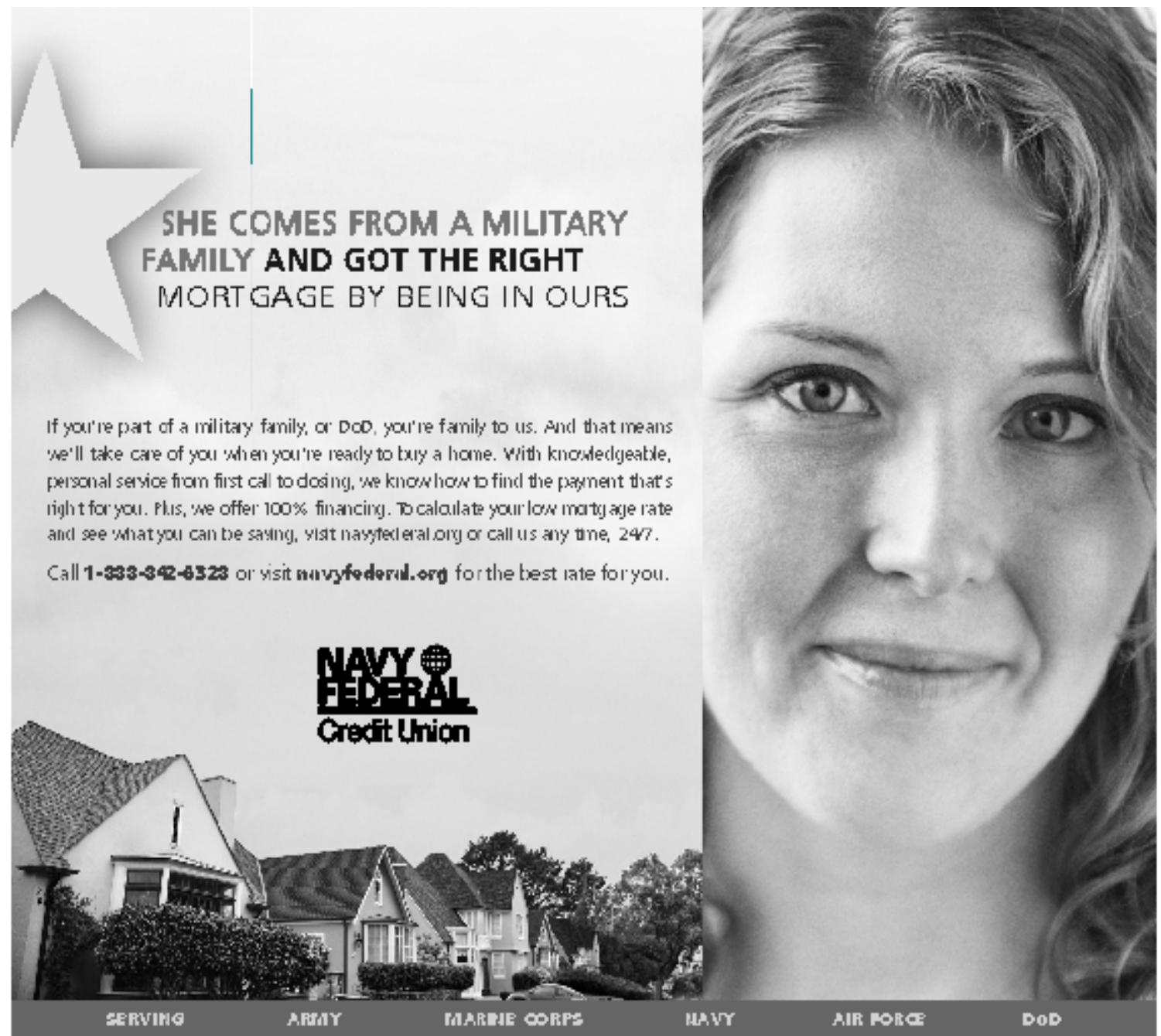
Once you establish a DPS account online you will be able to set up, process, and manage your

shipment, request delivery, file a claim, and complete a Customer Satisfaction Survey (CSS). Your CSS is VERY IMPORTANT as it will play a major role in helping the DoD decide which TSPs will continue to provide moving services to military families' world wide.

You must maintain a current e-mail address in DPS that will be valid at both origin and destination points as you will send and receive e-mail notifications throughout the move process.

Additionally, after submitting your shipment application

● HHG, page 16



SHE COMES FROM A MILITARY FAMILY AND GOT THE RIGHT MORTGAGE BY BEING IN OURS

If you're part of a military family, or DoD, you're family to us. And that means we'll take care of you when you're ready to buy a home. With knowledgeable, personal service from first call to closing, we know how to find the payment that's right for you. Plus, we offer 100% financing. To calculate your low mortgage rate and see what you can be saving, visit navyfederal.org or call us any time, 24/7.

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NEX offers online sweepstakes to win ACER netbooks

NEX customers have the chance to win one of ten ACER Netbooks, valued at \$279.99. From July 12-Sept. 8, NEX customers have a chance to win an ACER Netbook by filling out an entry form located in participating stores or online at www.myNavyExchange.com. No purchase necessary to win and only one entry per authorized patron.

All entries must be received by midnight Sept. 8, 2010. Winners will be selected in a random drawing on or about Sept. 24, 2010, at the Navy Exchange Service Command (NEXCOM) headquarters. NEXCOM will notify and verify eligibility of winners and arrange for delivery of the prize. NEXCOM will develop a winners list which will

be available online at www.myNavyExchange.com.

While at the store, sign up your student for the NEX A-OK Student Reward Program.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing for a \$5,000, \$3,000 \$2,000 or \$1,000 U.S. savings bond, denominations at maturity. The next drawing will be held at the end of August 2010. See any NEX store associate for more details.

Remember, customers receive a five cent credit toward their purchase for each eco-friendly reusable bag used to bag their purchase.

-- From NEXCOM PAO

● Kingsville jets

"Before there was any formal hurricane evacuation order, our leadership decided to reposition 20 aircraft to Meridian so that we were able to continue our training operations," Carretta said. "The weather (in Texas) would not be conducive to flight training. We need to get some students through training, and Meridian has the air space and facilities to enable us to do that."

Hurricane Alex made landfall late June 30, as the earliest Category 2 storm in more than 40 years, but spared Texas with little more than soaking thunderstorms. It weakened to a trop-

ical storm early July 1.

"The big goal is no aircraft left outside in Kingsville," added Carretta. "The other jets were sent out to Ellington Field in Houston, Texas, and El Centro, Calif., because we have a detachment going on there."

The aircraft left Meridian on July 2 to return to NAS Kingsville.

"We really appreciate being hosted by Training Wing One here at NAS Meridian," Carretta said. "The leadership and everybody have just been great in helping us on such short notice. We wouldn't be able to do this without their help."

George Washington holds live fire exercise

By MC2 Carlos Gomez

USS George Washington Public Affairs

USS GEORGE WASHINGTON, At Sea (NNS) -- The crew of USS George Washington (CVN 73) fired off numerous weapons systems simultaneously during a live fire training exercise June 26 for preventing night boat attacks.

This training is designed to prepare the crew to more effectively combat the threat of small boats. Because of their low radar signature, small boats are difficult to track and might be able to get close enough that they have to be engaged with the ship's crew-served weapons systems.

"Our ship's first line of defense has to be ready at all times, no matter if it's a small boat attack or an aircraft attack," said Aviation Ordnanceman 1st Class Shawn Peacock, the leading petty officer of the ship's armory.

In just under 30 minutes, Sailors from GW's Weapons and Combat Systems departments, as well as the ship's security force, fired approximately 8,600 rounds of ammunition from several weapons systems including: the ship's 10 .50-caliber machine-gun mounts; Mark 19 grenade launchers; M-240 machine guns; and the ship's Close-In Weapon System (CIWS) or "Phalanx", which fire's 20 mm tungsten rounds at rates of up to 4,500 rounds a minute.

"It's good training to have a



Photo by MC2 Jared Hill

Sailors assigned to the weapons department aboard the aircraft carrier USS George Washington (CVN 73) fire an M2 .50 caliber machine gun during a night live-fire exercise. The live-fire exercise demonstrated the ship's capabilities while training for night boat attack procedures. George Washington, the Navy's only permanently forward-deployed aircraft carrier, is underway supporting security and stability in the western Pacific Ocean.

night shoot. It makes our guys more proficient," said Chief Gunner's Mate David Kaye, the armory's leading chief petty officer.

Training at night makes Sailors more familiar and comfortable with their weapons [during difficult situations], he said, which in turn raises their situational awareness.

Shooting within such a close range of other Sailors also improves their communication with each other -- a must for real-

time situations.

"We're definitely training like we fight," Kaye said.

Though the aircraft from the embarked Carrier Air Wing 5 (CVW-5) serve as GW's primary striking arm, all of the ship's 1,115 feet are still susceptible to threats only a fraction of its size.

According to Peacock, GW crew's is constantly ready to respond to an actual small boat attack.

"Exercises like these keep this warship top notch," Peacock said.

Military personnel invited to museums this summer -- free

The American Association of Museums, in conjunction with the National Endowment for the Arts is offering free admission to various museums across the United States this summer to active duty military personnel and their immediate families.

Blue Star Museums is a partnership among Blue Star Families, the National Endowment for the Arts (NEA), and more than 700 museums in all 50 states to offer free admission to active duty military personnel and their families from Memorial Day, May 31, 2010, through Labor Day, Sept. 6, 2010.

The link to the Website is: <http://www.nea.gov/national/bluestarmuseums/index.php>.

This is a great opportunity for families to enjoy exploring museums together during the summer. Take advantage of this wonderful gift and show

participating museums that their generosity is appreciated. Mississippi's and Alabama's participating museums are listed below.

African American Military History Museum
Hattiesburg
Mississippi Armed Forces Museum,
Camp Shelby
Mississippi Museum of Art, Jackson
Oren Dunn City Museum, Tupelo
University of Mississippi Museum and Historic Houses, University
Walter Anderson Museum of Art, Ocean Springs
Birmingham Museum of Art, Birmingham
Huntsville Museum of Art, Huntsville
Mobile Museum of Art, Mobile
Museum of Mobile, Mobile

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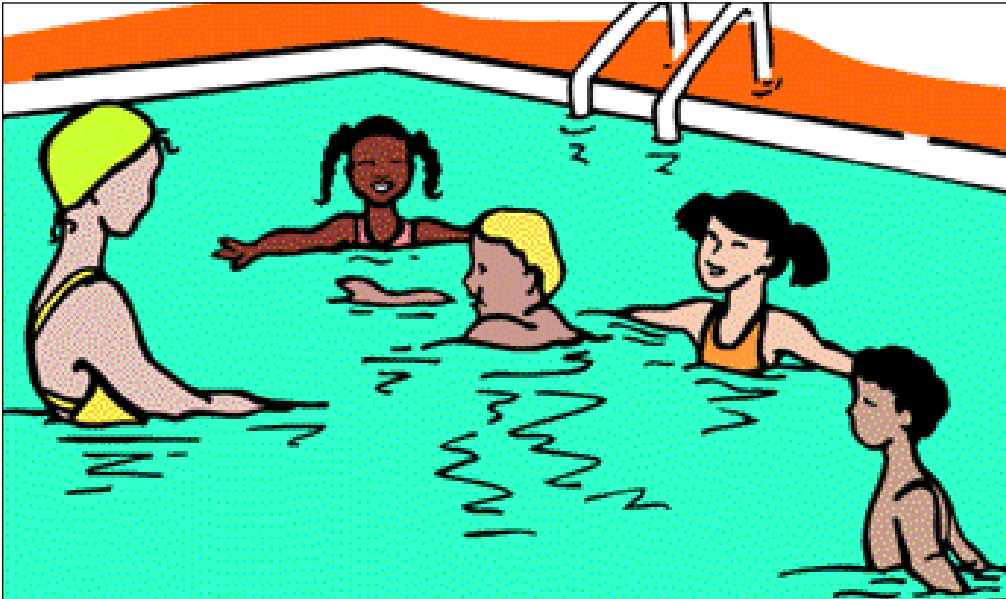
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MWR

Mission First... Sailors Always

Swim lessons continue



All swim lessons will take place Monday-Friday at the All Hands Pool. Classes for adults age 16 and older are from 8-8:45 a.m., and from 9-9:45 a.m. for ages 3-15. Each session is subject to being split into two groups dependent on class size. Next sessions are July 12-22, and July 26- Aug. 5. For more information, call (601) 679-3470.

~~ MWR News ~~

The hunt for the **Golden Ticket** is on! Text MeridianMWR to 30364 to get the clue sent straight to your cell phone.
*Standard text messaging rates apply.

Don't forget that the **CDC/SAC** has spaces available for drop-in care. For more information, call (601) 679-2652.

Let the **Outpost** help plan your next camping trip before school starts back! Camper rentals start at \$40. Boat rentals start at \$20. Reserve yours today! Get the kids out of the house and into a bounce house from the Outpost. Rent one for the weekend for only \$75. Great for birthday parties. Call (601) 679-2609.

MWR POV Lot now has two covered parking slots available. Sizes are approximately 15'x30'. Fees for cov-

ered slots are \$30 month or \$300 annually. Call (601) 679-2609 for more details & size info.

Stop by the **ITT Office** to take advantage of the Walt Disney Military Salute today! For more information call (601) 679-3773.

Rudders hosts Hip Hop Night is every Tuesday and Saturday beginning at 7 p.m. Staff Night is late Thursday of each month beginning at 3:30 pm. Wednesday is Ladies Night!

Ponta Creek Golf Course Special ~ 18 holes of golf, green fee and cart for only \$20 Monday-Thursday Pro Shop Hours are Monday-Sunday from 7:30 a.m.-5:45 p.m. Stop by the Pro Shop today and stock up on new golf gear!

Bowling Camp

July 12-16 at

McCain Rec Center,

1:30-3 p.m.

Kids age 8-13,

\$25 per child!

Sign-up Deadline:

July 9

For more info call

(601) 679-2651

McCain Lanes



June
Specials

MONDAYS

NTTC/MATSS-1 Student

Special ~ 5 p.m.-close

\$2 a game including shoes

TUESDAYS

RCTA Police Night ~

4-9 p.m. \$2.50 a game including shoes

SATURDAYS

Family Black Out

Bowling ~ 7-10 p.m.

\$25 a lane up to 5 people.

Minimum of 3 people per

lane at \$5 each. DOES

NOT INCLUDE SHOE

RENTAL

9 PIN NO TAP

TOURNAMENT NIGHTS --

JULY 2, 16, 30.

SIGN-UP BY 6 P.M.

COST \$10 PER PERSON.



The following are activities scheduled for single and unaccompanied active duty military on board NAS Meridian. For information or if you have an idea for a trip or event, call (601) 679-3760. The Liberty Program is housed on the second floor of NTTC Admin Building 220. Hours of operation: Monday-Thursday: 11 a.m.-1 p.m. and 3-9 p.m.; Friday: 11 a.m.-1 p.m. and 3-11 p.m.; Saturday: 11 a.m.-11 p.m.; Sunday: 11 a.m.-9 p.m.

July

10: Mississippi Braves Game!

Leave the Library parking lot at 3 p.m., eat dinner in Jackson then attend the 7:05 p.m. baseball game. Cost is \$25 per person.

Minimum of 20 people needed for the trip to run – NO REFUNDS (unless the trip is cancelled).

11: Liberty Pool Day

Reserved pool from 6-9 p.m. so you can chill out before the week starts by enjoying crazy poolside activities and music.

13: Video Game Tournament

Game time: 7 p.m. -- prize to top gamer.

15: Head over to the Liberty Center at 6 p.m. for Tye-Dye Day and add a little color to your day by creating your own tie-dye shirt. Liberty provides the supplies and FREE t-shirts (while they last). If you miss our free shirts, bring a light cotton shirt of your own and go CRAZY!

17: Get on board with the Atlanta, Ga., Six Flags trip! Bus leaves Library parking lot at 4:30 a.m. Cost is \$60 per person. Register by July 14. Minimum of 20 people needed for the trip to run – NO REFUNDS (unless the trip is cancelled).

18: Robo Surfer & Mechanical Bull Day

Catch a wave and "Hang 5" on the surf board then head over to the bull and get a little rowdy Western style. The surf board and bull are available from 3:30-7:30 p.m. and are FREE of charge. Check with Liberty for the set-up location.

20: "Wet" T-Shirt Contest

Be prepared for a shocking surprise with this contest! Catch the excitement at 7 p.m. in the Liberty Center.

22: FREE bowling to all Liberty patronage at McCain Rec Center from 6:30-8:30 p.m.

25: Dog Day Sunday

FREE hot dogs, chips & soda served to Liberty participants beginning at 1 p.m. in the Liberty Center.

MWR

Mission First... Sailors Always

AT THE MOVIES



There are three scheduled movies per week at McCain Lanes Theater. The movies are shown at 6 p.m. on Tuesdays and Wednesdays; and at 1 p.m. on Saturdays. On Fridays you can select from the 780 movies on file. Movies on this schedule will not be available for open viewing until after their scheduled showing date. Call (601) 679-2651.

Admission: Free!

July 10: "Diary of a Wimpy Kid" (PG)
 July 13: "She's Out of my League" (R)
 July 14: "Outlander" (R)
 July 17: "The Last Song" (PG)
 July 20: "Date Night" (PG-13)
 July 21: "Hot Tub Time Machine" (R)
 July 24: "Clash of the Titans" (PG-13)
 July 27: "Pearl Harbor" (PG-13)
 July 28: "The Joneses" (R)
 July 31: "How to Train Your Dragon" (PG)
 Aug. 3: "Green Zone" (R)
 Aug. 4: "Remember Me" (PG-13)
 Aug. 7: "The Open Road" (PG-13)
FREE Kids Summer Matinee Movies
 (First movie listed begins at 1 p.m. followed immediately for second movie listed)
 July 12: "Alvin & Chipmunks" (PG)
 "Alvin & Chipmunks: The Squeakquel" (PG)
 July 19: "Wall-e" (G) &
 "Horton Hears A Who" (G)
 July 26: "Up" (PG) & "The Secret of Moonacre" (G)
 Aug. 2: "Cloudy with a Chance of Meatballs" (PG) &
 "Princess and the Frog" (PG)
 Aug. 9: "Fantastic Mr. Fox" (PG)
 & "Tooth Fairy" (PG)

Fitness Center

Group Exercise Schedule:

Mondays ~ 6:30 a.m.: Pro Fitness Group
Noon: Water Aerobics at Pool
Tuesdays ~ 11:15 a.m.: Step Aerobics
Wednesdays ~ 6:30 a.m.: Pro Fitness Group
Noon: Water Aerobics at Pool
Thursdays ~ 11:15 a.m.: Step Aerobics
Fridays ~ Noon: Water Aerobics

Fitness Center Policy: The Sonny Montgomery Fitness Center will conduct a 100 percent ID check of all fitness center patrons.

- 1.) ID check will be administered to ALL unless wearing issued PT gear or are in uniform.
- 2.) If NO issued PT gear is worn, then you must show ID to enter the workout zones.
- 3.) If any civilian is sponsored by authorized personnel, they must pay the daily fee of \$2.
- 4.) All contractors must pay the daily fees or monthly dues and show ID to enter workout zones.

The NAS Meridian Fitness Center is in its temporary location in Building 266 (Behind Starbase Atlantis). Call (601) 679-2367.

Meridian/NAS Bus Schedule

Have exact cash change ready when boarding the bus. Fare: \$4.

Union Station	MATSS-1	NTTC	McCain Lanes	Bonita Lakes Mall	Wal-Mart
FRIDAY					
4:35 p.m.	5 p.m.	5:05 p.m.	5:10 p.m.	5:30 p.m.	6:40 p.m.
	6 p.m.	6:05 p.m.	6:10 p.m.	6:30 p.m.	
7 p.m.	8:10 p.m.	8:20 p.m.	8:30 p.m.	9 p.m.	
	10 p.m.	10:05 p.m.	10:10 p.m.	Drop off if any.....	
SATURDAY					
9:30 a.m.	10 a.m.	10:05 a.m.	10:10 a.m.	10:50 a.m.	11 a.m.
11:10 a.m.	12 p.m.	12:05 p.m.	12:10 p.m.	12:50 p.m.	1 p.m.
1:10 a.m.	2 p.m.	2:05 p.m.	2:10 p.m.	2:50 p.m.	3 p.m.
3:10 p.m.	4 p.m.	4:05 p.m.	4:10 p.m.	4:30 p.m.	
	5 p.m.	5:05 p.m.	5:10 p.m.	5:30 p.m.	
	6 p.m.	6:05 p.m.	6:10 p.m.	6:30 p.m.	
7:40 p.m.	7 p.m.	7:05 p.m.	7:10 p.m.	7:30 p.m.	
	8:10 p.m.	8:20 p.m.	8:30 p.m.	9 p.m.	
	10 p.m.	10:05 p.m.	10:10 p.m.	Pass. Drop off if any.....	
SUNDAY					
12:30 p.m.	1 p.m.	1:05 p.m.	1:10 p.m.	1:30 p.m.	
	2 p.m.	2:05 p.m.	2:10 p.m.	2:30 p.m.	
3:40 p.m.	3 p.m.	3:05 p.m.	3:10 p.m.	3:30 p.m.	
	5 p.m.	5:05 p.m.	5:10 p.m.	6 p.m.	6:05 p.m.
6:10 p.m.	6:40 p.m.	6:45 p.m.	6:50 p.m.	Pass. Drop if any	7:20 p.m.
Applebee's Restaurant (upon request only)					

Become a FAN of the NAS Meridian MWR

Fan Page on Facebook.

Stay Connected with MWR... Want instant updates from us? If so, text MeridianMWR or MeridianLiberty to 30364 to receive text updates about MWR events and programs.

Standard text messaging rates apply.



\$5.00

Foot Long Subs

Choice of: Italian, Turkey, Ham or Roast Beef.

Available At:

2010 POOL Fees

General Info

Hours of Operation
 Tuesday-Friday 1200-2000
 Weekends/Holidays 1200-1800

Pool Fees

MWR is excited to announce that for the 2010 season Active Duty/Retirees swim for state times.

Daily
 Active Duty/Retirees: \$2 per family member.
 Civilian Guest: \$3 per person.

Monthly

Active Duty/Retirees (\$21-\$25)	With 5 Dependents	\$113.00
With 1 Dependents	Active Duty/Retirees (\$26-\$30)	
With 2 Dependents	With 1 Dependents	\$83.00
With 3 Dependents	With 2 Dependents	\$75.00
With 4 Dependents	With 3 Dependents	\$60.00
With 5 Dependents	With 4 Dependents	\$135.00
Active Duty/Retirees (\$31-\$35)	With 5 Dependents	\$120.00
With 1 Dependents	Civilian Guests	\$80.00
With 2 Dependents	With 1 Dependents	\$75.00
With 3 Dependents	With 2 Dependents	\$60.00
With 4 Dependents	With 3 Dependents	\$135.00
With 5 Dependents	With 4 Dependents	\$115.00
Civilian Guest	With 5 Dependents	\$130.00
With 1 Dependents		
With 2 Dependents		
With 3 Dependents		
With 4 Dependents		
With 5 Dependents		

Seasonal

Active Duty/Retirees (\$21-\$25)	With 1 Dependents	\$50.00
With 2 Dependents	With 2 Dependents	\$65.00
With 3 Dependents	With 3 Dependents	\$80.00
With 4 Dependents	With 4 Dependents	\$95.00

Swim Lesson Fees/Session

1 Swimmers	\$40.00
2 Swimmers	\$75.00
3 Swimmers	\$80.00
4 Swimmers	\$105.00
5 Swimmers	\$120.00

Pool Party Hourly Fees

1-25 Guests	\$25.00
26-50 Guests	\$40.00
51 and over	\$50.00

Swim Lessons

All swim lessons will take place Monday-Friday from 0800-0900 for adults age 18 and up and from 0900-1130 for all others. There will be no swim lessons on Memorial Day.

Session 1: June 5-6 **Session 2: June 7-17**
Session 3: June 21-July 1 **Session 4: July 12-22**
Session 5: July 25-August 2

Lap Swim Schedule

Lap swim sessions will take place Monday-Friday from 1045-1206. There will be no lap swim on Memorial Day.

Pool Parties

Pool Party must be reserved for at least a minimum of two hours.

Water Aerobics Schedule

Water Aerobics will take place Monday & Wednesday from 1230-1300. There will be no water aerobics on Memorial Day.

For more info call 679-3384.

Kids Stuff

NEW! Baby Einstein Musical Motion Activity Jumper -- used only three times -- like new \$50. Call (601) 632-1561.

Little Tikes Mountain Climber in great shape just some minor wear and tear. The slide and climber are adjustable to grow with the child. Asking \$150. Call (601) 513-3035.

Electronics/Musical

NEW! OPTOMA High-Definition Home Theater Projector, HDMI Input, Like new. Asking \$499 or make offer. Call (601) 701-7081.

Kenwood eight component stereo system. Includes 5 CD carousel, dual tape deck, tuner, amplifier, pre-amplifier, graphic equalizer, turn table, surround sound processor with speakers. \$500 OBO. Call Jim at (601) 679-3295 or (601) 681-9728.

Fender American Standard Stratocaster. Humbucker pick-ups with S-1 switch, sunburst red, deluxe carrying case, purchased new last year, played very little. Also Peavey Vyper 30 watt modeling amp. Paid \$1,550. New, will sacrifice all for \$995. Call (601) 938-9627.

Exercise Equipment

Bowflex Extreme 2 includes leg attachments. Max weight 310 pounds. Asking \$500. Call (601) 481-4893.

ProForm XP 160 Elliptical Crosstrainer. Asking \$399.99. Like new -- was used a handful of times. Call (559) 410-1608.

Big Stuff

1998 Yamaha Big Bear 4-wheeler. 2WD, wench, basket in front, rack on back. Hi-low range transmission with reverse. Approx. 1400 miles, great condition. Asking \$2,200. Call (601) 938-9627.

Household Items

NEW ITEMS! Twin size Lightning McQueen Car bed frame (red) with mattress and box spring, like new asking \$150, OBO. **Twin size car bed frame (blue)**, like new asking \$50. Call (757) 639-1870, ask for Jeff.

Two 36-inch TV'S (not flat screen). Asking \$200 each. **Oak Entertainment Center**, \$250. **Pine Book Shelves**, ready to stain for \$100 each. Call Clinton at (601) 323-1003.

Twin Basset mattress, hardly used, \$35; **trampoline**, \$75 OBO. Call Call (904) 315-1556.

Refrigerator \$100; and **Stand up (fiberglass) shower**. Used, but in good condition. Asking \$75. Call (601) 480-2687 or (601) 692-7353.

Dining table and large china hutch. Set is 50 yrs old, great condition. Table comes with two large leafs and seats 8 comfortably. Hutch has glass doors, internal lighting and solid base with cabinets. Asking \$250 for both. Call (601) 626-7703.

Large 2-room capacity air conditioning window unit. Bought new 2 years ago for \$1,500. Asking \$500. Call (601) 632-4567.

White Dinette Set. Table is 42-inches in diameter with 18-inch extension leaf, 4 armchairs with white vinyl seat and back cushions on white, tubular, tilt-back frame with casters. Asking \$100. Call (601) 737-2120.

White Kitchen Micro-Vent Hood/Microwave combination. Used, but in excellent condition. Changed out to match other appliances. Call (601) 917-6935.

Automobiles/Accessories

NEW! 1991 Toyota Celica GT Convertible, 120K miles, red with black power top, gray cloth interior, 2.2L 4 cyl, Automatic, A/C, CD, fog lights, PWV, PL, newer alloy wheels. No rust, interior clean with no cracks or rips, 25-30 mpg, a reliable and fun daily driver but one top latch needs repair. Top is serviceable but worn. Asking \$1850. Call (703) 586-7564

Ladder rack (Delta) that fit on a short wide Chevy 01. Asking \$250. **Pair of side tool boxes**, 70" white Rawson Konig. Asking \$250. Call (601) 527-4050.

1996 Isuzu Rodeo, black (new paint), V6, 4 door, auto, air, AM/FM CD, power windows, locks, brakes and steering. Aluminum wheels, full size spare, 75 percent tires. Cloth interior, 151k miles. Call Tony at (601) 693-4111 or (601) 692-8560.

Sale ... or

2005 F250 Crew Cab Diesel, only 42k miles, 4x4, extended warranty until Jan 2011, alarm/remote start, bed cover, tint. Asking \$30,100. Call (601) 604-1088.

32' car hauler, bumper pull, triple axle, electric brakes on all axles, fresh gloss black paint, on board ramps. Great condition. Asking \$3,800 Call (904) 923-9357.

1980 Chevrolet El Camino, 60k miles, beautiful paint job, black w/gold trim, AT, AC, PS, PW, V-8, 305. No rust or dents. New starter, belts and water pump. All receipts. Looks and runs excellent. Asking \$4,500 OBO. Call (601) 692-6947.

1998 Nissan Pathfinder 4x4, black with gray leather interior, power windows and locks, sunroof, heated seats. 169k miles. Good condition. New tires. Asking \$2,000 OBO. Call (601) 527-8260.

1998 GMC Sonoma 4.3 V6, 5-Spd Power Pkg, Ext Cab, 3rd door. Asking \$4,750. Call (601) 917-6935.

2004 Honda Civic EX, excellent condition, new tires lights etc. Asking \$8,000. Call (601) 323-1003.

2007 Jeep Wrangler 17" alloy wheels/rims in brand new condition. All five rims are available and will only be sold together. Asking \$250. Call (601) 479-3308.

1994 Ford Bronco 5.8L Eddie Bauer 4x4. Lots of new parts. Truck looks and drives great. 171k miles with no issues at all. Asking \$5,500 OBO. Call (601) 604-4923.

2004 Chevrolet Venture LT, 68k miles, silver exterior w/vinyl grey interior, DVD player, dual power heated seats, power right sliding door and other extras. Asking \$9,000. Call (601) 616-5755.

Motorcycles/Gear

2005 Yamaha FJR 1300. 145 hp., 8020 miles, electric blue, power adjustable windshield, ABS front & rear brakes, front & rear adjustable ride. 2 hardshell (removable) side bags with inserts. 2 helmets & 2 "Joe Rocket" jackets included. Just serviced and is in perfect condition. garaged kept. Call (601) 934-6615.

2005 Harley Davidson Softail Deluxe. Two-tone black and pearl paint. Beautiful bike; lots of extras, 12k miles. Asking \$15,500. Call (601) 917-7181.

2008 KLR 650 Dual Purpose, red and silver, like new PIAA headlight, rear luggage rack, great gas mileage, 5,300 miles, warranted thru 2013. Asking \$4,800. Call (601) 679-8180.

2006 Triumph Speed Triple 1050, white, 3k miles. Asking \$6,500. Call (210) 313-5874.

Acreage

9.6 acres of pasture land with trees, beautiful homesite that would be very private -- excellent view. Perfect spot for a pond, access to a small creek that runs through the corner of the property. Located in southern Kemper county 2 miles off Hwy 39, approx. 10 miles to NAS, 19 miles to Meridian. Asking \$36,000. Call (601) 938-9627.

12.5 acres in West Lauderdale School District with 35x70 metal shop/barn. Cleared, fenced. Ready to have a home built on it with plenty of room for your horses/animals. Asking \$90,000 negotiable. Call Jerry at (601) 513-2624.

Homes

NEW PRICE! For Sale: 3BR/2BA home, 5 years old in Plum Point, close to North Hills St. and Poplar Springs Elementary School. Brick home with 1,639 sq. feet, 2 car attached garage, high ceilings, large crown moldings, open floor plan, and privacy fenced back yard with covered patio. Attic has tremendous height could be finished for additional living space. Asking \$168,900. Call (808) 554-0523.

For Rent: 532 Old Country Club Road West, 3 BR/3 BA home sitting on 7 acres. 2,889 square feet, all electric, includes stove, refrigerator, dishwasher, tool shed, motor home hookup, fireplace, alarm system. NO pets in home but will allow outside pets. Asking \$1,400 per month. Call (601) 485-8619.

For Rent: 7847 Highway 45 North, 3 BR, 2 BA home, tile floors throughout, kitchen and dinning room, dishwasher, stove, refrigerator included. Nice fenced in back yard, covered patio. Just 15 minutes to NAS. Call (601) 527-5154.

For Sale: 2002 Legacy (16x80), 3 BR/2 BA, master bath has garden tub, brand new carpeting, new paint, all new interior doors, side-by-side ref/freeze, built in stove, dishwasher, microwave. Home sits on 2 lots in Hill Country Community. Take Highway 39 North to Briarwood Road, across from golf course. Asking \$18,000. Call Bob or Deborah at (850) 934-8672.

For Rent: Completely remodeled with new kitchen, 2 new BA, split bed-room plan with private bath/bedroom on lower level. New central heat/air, water heater, refinished hardwood & ceramic tile floors. Quiet neighborhood, sorry no pets. Asking \$650/month, \$650 security deposit, minimum 1 year lease. Call Jack at (601) 917-7752.

For Sale: 8270 Lizelia Road, 4 BR/2.5 BA, 2200 sq. ft., granite countertops in kitchen, breakfast nook, dining room, laundry room, large family room, two car garage, above ground pool, two acres of land, shop and two storage buildings, fenced yard. Roof is seven years old, single level, home is in Northeast School district. Contact Steve at (601) 917 2282 or (601) 527-5992.

For Sale: House on 5+ acres located at 8180 Hwy 493, 4 BR/2 BA, stainless steel appliances, new floors, new roof, new AC unit. Northeast School District. Call for appointment: (601) 917-4056.

For Sale: Beautiful home on Confederate Drive, 4BR/3.5 BA, 3 fire-places, solid oak floors throughout, enclosed pool with shower, half-bath and hot-tub, 2.75 acre lot, new roof, remodeled master bath and updating throughout, two-car carport with large storage room and upstairs storage. Under appraised value at only \$328,500. Can see full details at Militarybyowner.com, or call (601) 693-8386.

For Rent: 2 BR/1 BA, full kitchen, great room with fireplace, all newly renovated and fully furnished. Full basement, new pier and seawall. Located on beautiful Dalewood Lake; gated community, 15 minutes to NAS. See by appointment only. Call (601) 482-0522, (601) 880-3309 or (601) 917-2825.

For Sale: 4 BR/2.5 BA Historic home in DeKalb, 20 minutes north of NAS Meridian, 2,500 square feet, hard wood floors, 5 fire places, living room, family room, dining room, multi-level deck, playground, workshop, carport, sitting on 0.5 acre lot. Asking \$120,000. Call (601) 604-3869 or (601) 743-4818

Wanted to Buy

NEW! Looking for an old lawn mower with a blown engine only. Preferably a 2 to 3 year old mower. Call Tamra (601) 479-7902

Motorcycles any size any condition, will pay above salvage price. Also have a large selection of good used parts for sale. Call (601) 938-4295 anytime.

Outdoor shed needed. Call (601) 553-0721.

Miscellaneous

NEW! ATV Blade with tapered design and aggressively curved profile steer dirt or gravel away from the surface you're clearing. Made from heavy-duty 11-gauge steel backed up by extra-heavy ribbing. 54" Blade angles from 20.8" height down to 15" height. It has a manual lift and is very easy to use. Very easy to hook up. Asking \$350, call (601) 479-7902. Can e-mail photos.

O/U 12 Ga. shotgun with chocks and cleaning kit, asking \$1,200; **40 round bales of hay**, fescue and clover mix cut this year, \$25 each; **Pure local honey** for sale, quart size bottles, \$10 each (other sizes available). Call Clinton at (601) 323-1003.

If you wish to add or remove an item from “Sale...or” please send your request to penny.randall@navy.mil or call (601) 679-2809. Deadline for submissions is 4:30 p.m. the Thursday before publication.

● **Korean War**

Master Sgt. Sean Lunn, Plans, Policies and Operations’ Marine Force Recon representative, said the observance made him think of the legacy left behind by the men and women who served before him.

“Marines should strive to uphold the standards set by the heroes of yesterday,” he added.

For more information on the Korean War, visit the Features section of www.defense.gov.

Remember...

The summer travel season is an ideal time to utilize MilitaryRideShare.com. This free service will assist in finding other military members heading in the same direction so you can ride home together and save money.

● **HHG**

through DPS, you may check on the status of your personal property shipment anytime (24/7) by accessing the Interactive Voice Response (IVR) system at 1-800-326-2137. The IVR will prompt you for your pin number which can be updated in your DPS account anytime.

HHG-HELP: Effective April 19, a HHG Call Center has been operating from the FISC Jacksonville area to serve all DoD customers and TSPs moving shipments to or from the

Navy’s south east region. If you need any assistance regarding your personal property entitlement, shipment, or storage, or if you need assistance with DPS; simply call the HHG Call Center’s toll-free number; 1-800-762-4221 and select option #2 between the hours of 8 a.m. and 4:30 p.m. Monday through Friday, excluding holidays.

Additionally the Call Center has an e-mail address for customers who prefer to use e-mail to discuss their issues and questions. The e-mail address is: hhg_southeast@navy.mil.

FFSC hosts gambling workshop

Gambling is becoming more and more available. Lotteries, off-track betting, and casinos can make gambling as close as the corner store. High schools hold "Las Vegas Nights," and churches sponsor bingo games.

The Internet makes it possible to gamble 24 hours a day, 7 days a week, around the world. For most people, gambling is a recreational activity that never becomes a problem or addiction. But for a growing number of people, gambling poses serious problems, hurting their friendships, family life, and chances for success at work. Three to five percent of all U.S. adults are problem gamblers, and the number is rising.

Understanding the problem gambler

About 85 percent of adults in the U.S. have gambled at least once in their lives and 60 percent have done so in the past year, according to the National Council on Problem Gambling. Many people bet from time to time on a casual game of cards, on a sporting event, or at a casino. The possibility of winning can be exciting.

But for problem gamblers, gambling isn't just an occasional social event. It's a habit. Winning becomes a preoccupation, something they think about continually, and gambling becomes a way of life. The problem gambler becomes more and more con-

Workshop

FFSC Meridian hosts Gambling Awareness workshop July 13 from 10-11:30 a.m. or July 21 from 3-4:30 p.m. Gambling has become an acceptable form of entertainment in the United States and abroad. And, although there are no specific military directives that restrict Sailors and Marines from gambling, readiness and retention are threatened and negatively affected when gambling becomes a problem for service members (or their families). For more information about gambling awareness and the "house edge", attend this informative workshop.

sumed with winning and takes more and more risks to recover losses.

The problem gambler may be young or old, married or single, of any race, ethnicity, or educational background. Though gambling is a problem among both men and women, it is more common among men.

Problem gambling can be harder to spot and to understand than other addictions, because the gambler looks normal and doesn't show physical signs of addiction the way someone who abuses drugs or alcohol might. But problem gambling is an addiction for these and other reasons:

- Problem gamblers feel an

uncontrollable urge to gamble. They gamble for the emotional "high" it gives them. This high is similar to what an alcoholic feels while drinking or what a drug user feels while taking drugs.

- In order to keep gambling, problem gamblers may lie, borrow, and break the law. These and other harmful actions may endanger their jobs, their relationships, or other things they value.

- Most problem gamblers deny they have a problem. They usually do not seek help until the situation is desperate or they have no choice.

- Problem gambling is a progressive condition. Just as with other addictions, the stakes get higher, the habit becomes more and more expensive, and the high is harder to achieve.

- Problem gambling is rising the fastest among the young. Eight to 15 percent of adolescents and teenagers may be problem gamblers, according to recent studies. This number is of growing concern to experts.

- Most adults who are problem gamblers started gambling as teenagers.

- Problem gambling is also on the rise among the elderly.

Types of gambling

From casinos to state lotteries to video betting, our culture supports gambling in a variety of ways. Sponsored by state

- **Gambling, page 19**

— FFSC Briefs —

To register for any of the following workshops, please call (601) 679-2360. The class will not be presented if no one registers, so please make sure you sign up if you're interested. If you can't attend at the scheduled time, call anyway -- the workshop facilitator may be able to meet with you one-on-one, give you materials, or let you know when the class will be scheduled again. All active duty, reserve, retired military and their families are eligible for programs and services provided by the FFSC. Civil service employees can utilize the services on a space available basis.

IA Readiness Fair: July 16 from 9-11 a.m. (IA Spouse Discussion Group will meet from 9:30-11 a.m.) FFSC hosts this deployment readiness event to help Individual Augmentee (IA) deployment candidates and their families prepare. We'll have representatives from various departments and agencies on-hand to answer your questions and provide valuable information.

Preparing for Return & Reunion: July 20 from 2-3 p.m. Reuniting your family after deployment can be both joyful and stressful. Emotions are especially intense, and everyone in the family is affected. Attend this workshop to plan strategies for making your family's reunion and reintegration as smooth as possible.

Conflict Management: July 22 from 5-6:30 p.m. Conflict is normal, even in the most high-functioning families and groups. We all have different styles, points of view, and ways of communicating. If you need to improve your coping-with-conflict skills, come to this workshop to learn the mediation method and other tips to manage the sticky situations in your life.

Transition Assistance Program (TAP) Seminar: July 26-29 from 8 a.m.-4 p.m. Military personnel who are voluntarily or involuntarily separating or retiring and are within 180 days of separating should attend this seminar, held at the FFSC. It is highly recommended that spouses attend. You may also attend if you're up to 18 months away from your separation or retirement date. The following topics will be covered: résumés, job search skills, job interviewing, employment (state and federal), veterans' benefits, pay and travel, movement of household goods, PSD/ID cards, TRICARE, emotional transition to separation, financial planning, forms and documents, benefits and services, Naval Reserve programs, military obligations, and more!

10 Steps to a Federal Job: July 28 from 4-6 p.m. The government is hiring! But if you want to be successful in landing a federal job, you need to understand the government's unique and complex application process. This workshop, based on the writings and training of federal job search guru, Kathryn Troutman, will walk you through the 10 steps to finding and applying for a federal job. We'll cover: finding and analyzing federal job announcements; crafting a federal-style résumé and an electronic résumé; interpreting the cryptic language of federal hiring process ("core competencies", etc.); the incredible importance of including "keywords" in your application; writing "KSAs"; and much more!

Shipmates looking out for Shipmates key to suicide prevention

By MC3 Michelle Rhonehouse
Navy Region Southwest Public Affairs

SAN DIEGO (NNS) -- According to the American Foundation for Suicide Prevention, more than 33,000 people in the U.S. commit suicide every year. Suicide is the fourth leading cause of death for adults between the ages of 18 and 65.

According to Capt. Gerald D. Seely, chaplain for Navy Region Southwest, the Navy is trying to get a handle on why Sailors take their own lives and how the amount of suicides can be decreased.

Seely explained that suicide prevention is everyone's responsibility.

"It is not just the mental health

advisor's, the chaplain's or the commanding officer's job to watch out for Sailors. It's fellow shipmates looking out for each other," said Seely. "These are the folks you work with day in and day out. We have to stay engaged and alert. If we can do that, we could get a real handle on this issue."

There are many warning signs that may indicate that one of your fellow Sailors is at risk for suicide. Change in behavior, personality, irritability and low energy levels could be a red flag, said Seely.

"Some of the symptoms are a direct result of stressors in someone's life. Relationships and deployments are big ones," said Seely. "It's usually not just one thing, but a combination of stres-

sors piled on top of someone. The more stress, the more at risk a Sailor could be."

If you know one of your shipmates may be thinking about suicide or is at risk of committing suicide, the response is the acronym ACT, said Seely.

A: Ask. Don't be afraid to ask the question, "Are you thinking of suicide or of harming yourself?" it is a myth that by asking the questions one gives the person at risk the idea to harm themselves. The reality is that someone who is at risk for suicide has already experienced high levels of stress, may be suffering from depression, and, as a result, may not be able to see and understand all of their options to

resolving their problems. So, asking the question does not trigger the idea of suicide. Instead, it enables the person at risk know that you are concerned and that symptoms are being noticed.

C: Care. Let them know you care and want to help. It takes commitment and courage sometimes to show someone you care about them and are willing to get involved. You may be met with resistance but, sometimes we must walk through this resistance in order to help. This in and of itself can be healing. Empathy for another is a powerful thing.

T: Treat. Get help. There are many resources such as a chaplain, your chain of command, medical, FFSC and

- **Suicide, page 19**

Emergency Management

How to prepare for a Hurricane

With National Preparedness Month two months away, now is a good time to start planning.

Emergency managers at Navy installations conduct preparedness outreach year-round, but many choose to make a special push during September to coincide with the National Preparedness Month. Tools and ideas you can use in your planning are available through the Operation Prepare Tool kit located at http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/EmergencyManagement/OperationPreparedness/index.htm.

Hurricanes are dangerous events. Those of us who have lived through one of these fierce storms are aware of their awesome potential. In this article, we look at the simple measures you can take now to ensure that your family is ready for hurricane season.

Here's how:

Select a safe place for the family to weather the storm. This may be a location in your home -- consider a window free room on the bottom floor. If your home doesn't have a safe area, you should know the locations of at least two emergency shelters near your home. If you have special medical needs and don't think you'll be able to get to the shelter on your own, contact the county in advance to make prior arrangements.

Stock up on food and water. You should have enough non-perishable food and water in your home to last the family for at least two weeks. If your stock of supplies is old, be sure to refresh it. You might want to purchase new canned goods every few years and rotate the rest through your pantry. Water should be replaced annually.

Prepare other disaster supplies. You'll need to stock up on batteries, flashlights, rope, tarps, plastic bags, bad-weather clothing and other essentials to help you through the aftermath of a bad storm.

Get your home ready. If you have hurricane shutters, make sure that you have all of the parts and have some extra screws/washers handy. If you don't, have a supply of plywood pre-cut to fit your windows. Gather anything loose from your yard and store it in the garage. Watch the news when a storm is

approaching and protect your home when advised by local authorities. If you wait until the rain starts, it may be too late.

Develop a family communications plan. You might become separated before or after the storm. It's a good idea to have an out-of-state contact (a relative up north?) to act as the point of contact for all family members in the event of an emergency. Make sure everyone in the family knows who that person is and carries their phone number in their wallet or purse.

Check your insurance coverage. Companies stop writing coverage when a storm is approaching. Ensure that your homeowner's insurance has enough windstorm coverage to rebuild your home in today's market. Also, remember that standard insurance doesn't cover flooding. You'll need special flood insurance from the federal government.

Plan for the family pets. Shelters will not accept pets. If you want to ensure your pet's livelihood, you may wish to consider evacuating early to a friend's home that's in a safe area.

Keep your vehicles fueled to at least half a tank at all times throughout hurricane season. When a storm approaches, lines will get very long and gas stations will run out of gas before the storm hits. You need to have enough gas to safely evacuate if the situation warrants.

What You Need:

- Non-perishable food
- Drinking water
- Batteries
- Medication for all family members
- First aid kit
- Flashlights
- Battery-operated radio
- Cash
- Toiletries
- Clothing

With a little preparation and forethought, you needn't lose sleep over hurricanes. Protect your home and family with these simple steps, and you can sit back and relax in the calm before the storm!

-- From Emergency Management Staff

NEXs introduce Holidayclub Saving Card

NEXs are piloting a new program, the NEX holidayclub Saving Card. The NEX holidayclub Saving Card is designed to help customers save money for the holiday shopping season and earn a three percent reward.

"The NEX holidayclub Saving Card is a great way for customers to budget money for the holidays," said Mike Powers, Navy Exchange Service Command (NEXCOM) Director, Retail Operations. "The NEX holidayclub Saving Card will allow customers to save money during the months leading up to the holiday shopping season.

Beginning in mid July, customers can go to most NEX's worldwide and deposit money into a NEX holidayclub Saving Card. Deposits can be made as often as the customer chooses; the card's maximum value is \$1455. Only a NEX holidayclub Saving Card which has been purchased and activated on or before Oct. 2, will be eligible to receive the additional three percent cred-

it award. The three percent credit award will be calculated based upon card balance as of 2359 EST on Oct. 2. The one-time three percent reward value will be applied to all active cards that have a balance on Nov. 1, 2010. Minimum card value is \$5 and maximum card value is \$1,455. Authorized patrons may present this card as payment for most merchandise purchases from any Navy, Army Air Force or Marine Corps Exchange.

"The extra three percent will give our customers just a little more to spend for the holidays," said Powers. "Couple that with the added savings our customers earn by shopping in a NEX and not paying sales tax, our customers will have greater buying power this year."

The NEX holidayclub Saving Card just like the NEX Gift Card has no fees and no expiration dates.

-- From NEXCOM PAO

Military improves personally procured move process

By Henry Bailey

Fleet and Industrial Supply Center Jacksonville
Household Goods Director

JACKSONVILLE, Fla. -- After extensive testing and evaluation, the military has added to the Defense Personal Property System (DPS) an improved system to better compensate service members who use the Personally Procured Move (PPM) process for their household goods when on permanent change of station orders. This new web based system replaces the former system known as SMARTWEB-MOVE, or DITY (Do-It-Yourself Move) move. The new PPM tool may be accessed via the DPS online at: www.move.mil

All services began using the new system for processing PPMs on April 15. Moves initiated prior to that date will continue to process under the terms in place at the time of initiation. The PPM give service members a choice. They may elect to personally move some or even all of their personal property and receive an incentive for doing so. The system calculates for reimbursement using a "best value" method.

Most moves will fall into one of three scenarios:

- (1) Service members will receive 95 percent of the "best value" the government would pay to move the goods as an incentive for a PPM; or
- (2) Actual Cost Reimbursement (ACR) will pay service members actual cost not to exceed the "best value" of the move and is used for pre-approved special handling such as assembly and disassembly and packing fragile items; or
- (3) When a government-furnished moving service is not available, ACR pays the actual cost for the entire move subject to service headquarters pre-approval.

Service members are reminded that the DPS online system should be used for setting up their moves, regardless of whether it is a PPM or a government arranged move. However some moves will not qualify for the new system, so it is important to access the DPS Smart Book at www.move.mil for the rules. Questions about any of the DPS programs may be directed to the FISCJ HHG Call Center by calling (800) 762-4221, option #2; or by sending an email to: HHG_southeast@navy.mil.

Birthday reminder to all active duty members: You are required per OPNAVINST 6120.3, OPNAVINST 6110.1E and BUMED NOTE 6150 to come in annually for PHA-IMR (Preventive Health Assessment-Individual Medical Readiness). This visit is a readiness/preventive health visit. Health Promotions will be looking at labs, immunizations, physical exams and health habits. You will be required to update any of the above that are not within Navy/Marine Corps standard. If you are in flight status we will automatically do the PHA with your flight physical.

The PHA-IMR for all members is done during your birthday month by appointment.

It's Your Turn...

We asked these five Sailors: "What is your proudest Navy moment and why?"

Photos by MC2 (AW/SW) Flordeliz Valerio



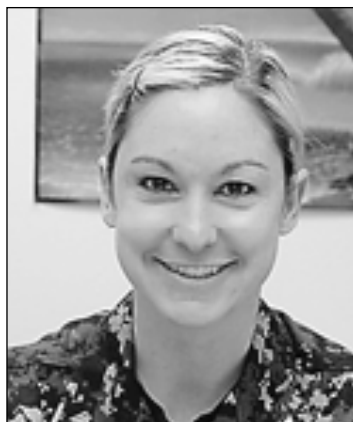
Lt. Dennis Smith
Air Traffic Control
Flight Officer

"When I made it out of the jungle of Thailand right after a hash run."



ABE1 Sakda Nomichith
Command Urinalysis
Coordinator

"When I advanced to first class petty officer. Making first class is a huge milestone in my career and it is one step closer to chief."



Lt. j.g. Stephanie Titus
Assistant Supply Officer

"The day I graduated Officer Candidate School. I served seven and a half years as enlisted. Being selected as an officer and completing training to help me better-lead Sailors was an extremely proud day."



AC2 Jeff Wilbanks
Air Traffic Control

"When I cross-rated to become an air traffic controller."



ACC Jed Theriot
Air Traffic Control
Tower Chief

"When I was selected for chief petty officer. It was a culmination of lots of hard work by myself and the shipmates that I've worked with. It's been a very proud milestone in my career."

● Gambling

governments and promoted by the media, gambling is presented as a harmless and normal way to have fun. Here are the most common forms of gambling:

- Internet. Gambling on the Internet is the fastest-growing form of gambling today. It is a billion-dollar industry. The Internet has fostered the spread of gambling because it makes it easy to place bets, 24 hours a day, from home.

Gamblers can sit at a computer and bet on sporting events, card games at "cyber casinos," or skill games similar to video games. Internet gamblers can pay for their online gambling with a credit card or wire transfer of money.

Online gamblers can get into trouble very quickly, partly because the operators of many gambling sites are based overseas or go to great lengths to hide their identities. Gamblers who are cheated on the Web may have no legal recourse and no way to recover their rightful winnings. Some Internet gambling sites simply shut down when gamblers win too much money.

- Casinos. Casinos make mil-

lions of dollars a day and are a growing industry. Their attractions include video lottery terminals, also called "slot machines." These machines can be highly addictive. Over half of all calls to gambling help lines are related to video lottery-playing. Most casinos attract and keep customers by offering promotions such as free bus trips, meals, and drinks.

These promotions often appeal to older gamblers who have time on their hands and money to spend. They may offer even more benefits to "high rollers" (those who gamble -- and generally lose -- large amounts of money). Some casinos will call a gambler they haven't seen in awhile and send a limo to take the gambler to the casino.

The desperation phase

Problem gamblers eventually reach what experts call the "desperation phase." Despite inability to pay mounting debts, the gambler continues to gamble, and will lie or steal to keep on gambling. The desperate gambler may:

- be living in fear and feel panicked about gambling debts
- have stolen from a spouse,

family member, friend, or stranger to support a gambling habit or debt

- have mood swings based on winnings and losses
- feel depressed or suicidal because of gambling debts or losses

It is important to seek help right away if you or someone you know is showing any of these signs or symptoms.

Getting help for a gambling problem

There are a variety of treatments for problem gambling, including counseling and support groups. But many problem gamblers need others to help them see that they are in trouble. Often, spouses and friends of the problem gambler recognize the problem and seek help before the gambler does. It may be time to seek help if you or someone you know has

- neglected responsibilities at work or at home because of gambling
- considered breaking the law to get money to support a gambling habit

- tried to stop gambling but couldn't

- borrowed money and not paid it back as a result of gambling

- been unable to pay bills due to gambling losses

- been having physical or mental problems because of gambling

If someone close to you has a gambling problem, both you and the gambler may need help in order to bring the situation under control. You may face very difficult questions if someone you care about runs up gambling debts that put your home, car, or financial security at risk. You may know that if you pay the debts or otherwise "cover" for a problem gambler, you will encourage the person to keep gambling. But you may also be very concerned that if you don't pay the debts, you may lose your home or other things you value. In such cases, an experienced counselor can help you decide what steps to take to build a more secure future for everybody in your family.

-- From militaryonesource.com

● Suicide

hospital emergency rooms.

According to Seely, Sailors need to get away from the stigma that if they are depressed or have other mental health issues, they will get in trouble.

"The military over the past few years has become better at treating mental health issues," said Seely. "There is nothing wrong with going to talk to a trained professional at one of the many facilities the military offers. There is a lot of help out there."

For more information about suicide prevention, visit www.npc.navy.mil/CommandSupport/SuicidePrevention.

Information from this story came from the Navy's Suicide Prevention Web site: www.suicide.navy.mil.



Photo by MCC Ryan C. Delcore

TOOR GHAR, Afghanistan -- Seabees assigned to the water well detachment of Naval Mobile Construction Battalion (NMCB) 133 raise a section of pipe while drilling a 1,210-foot water well at a combat outpost in Toor Ghar, Afghanistan. NMCB-133 is in the U.S. Central Command area of responsibility while on deployment in Afghanistan.

WASHINGTON -- Culinary Specialist 2nd Class Rodell Hardaway, assigned to Naval Air Facility Atsugi, Japan, prepares chocolate desserts at the CulinAerie recreational cooking school during a food and beverage performance week June 21-25. The event, sponsored by Commander, Navy Installations Command, brings Navy culinary specialists and Moral, Welfare and Recreation managers from around the world to Washington, D.C. to learn new techniques from top civilian and Navy chefs.

Photo by MC2 Kiona Miller



Photo by MC1 Brien Aho

PACIFIC OCEAN -- Sailors and Marines leap from the well deck of the amphibious transport dock ship USS New Orleans (LPD 18) after participating in the Crossing the Line ceremony. New Orleans is participating in Southern Partnership Station, an annual deployment of U.S. military training teams to the U.S. Southern Command area of responsibility in the Caribbean and Latin America.

Photos

from the Fleet

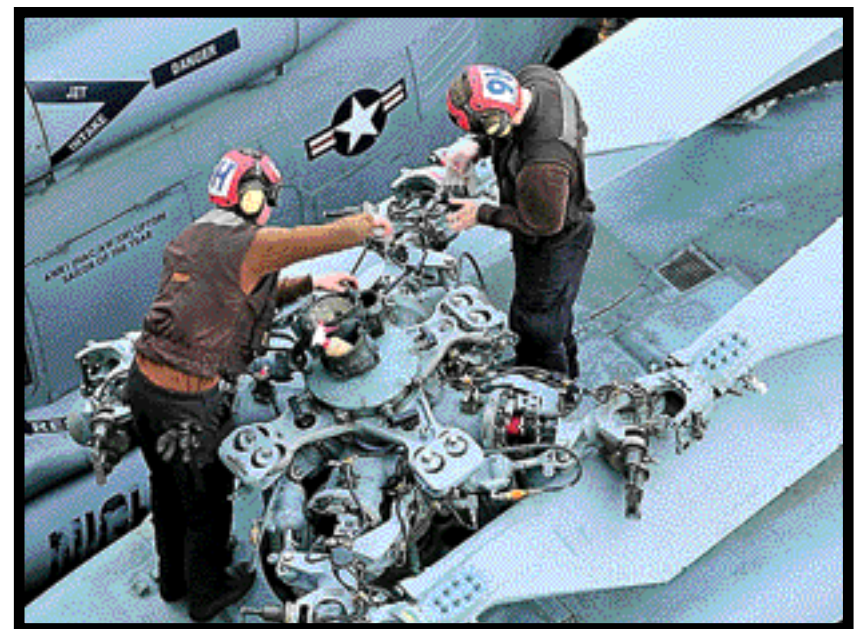


Photo by MC2 Gina K. Wollman

NORTH ARABIAN SEA -- Sailors from the Nightdippers of Anti-submarine Helicopter Squadron (HS) 5 perform maintenance on an SH-60F Sea Hawk helicopter aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69). The Eisenhower Carrier Strike Group is deployed as a part of an ongoing rotation of forward-deployed forces to support maritime security operations in the U.S. 5th Fleet area of responsibility.